

THE CRAZY WISDOM COMMUNITY JOURNAL 1999

JANUARY THROUGH APRIL 1999 (#11)

(Cover) The Crazy Wisdom Interview with Five Girls Coming of Age and their Mentor, ShuNahSii Rose

INCLUDING A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

MAY THROUGH AUGUST 1999 (#12)

(Cover) -The Crazy Wisdom Interview - Dharma Teacher Barbara Brodsky on Meditation and Everyday Spirituality

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SEPTEMBER THROUGH DECEMBER 1999 (#13)

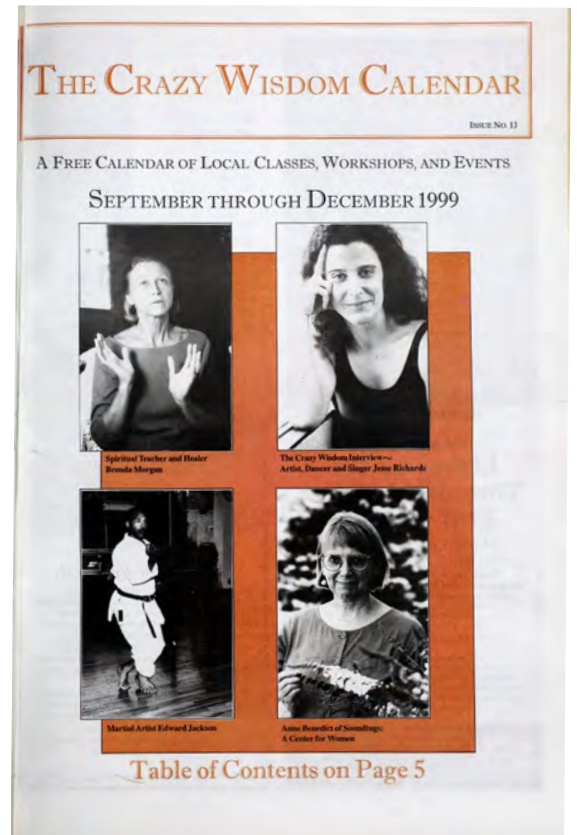
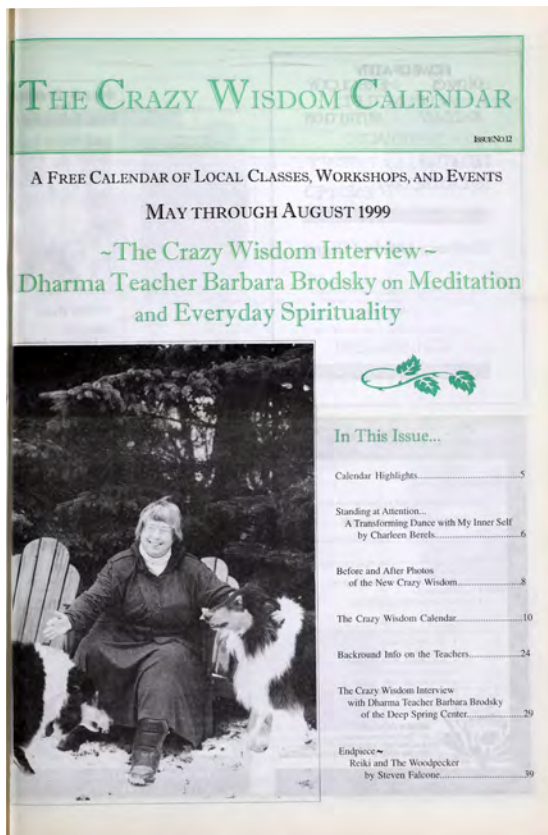
(Cover) Spiritual Teacher and Healer Brenda Morgan

The Crazy Wisdom Interview ~ Artist, Dancer and Singer Jesse Richards

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Anne Benedict of Soundings: A Center for Women

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THE CRAZY WISDOM CALENDAR

A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

JANUARY THROUGH APRIL 1999

Issue No. 11



The Crazy Wisdom Interview with Five Girls Coming of Age and their Mentor, ShuNahSii Rose



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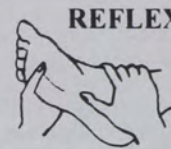
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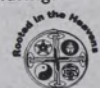
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Why We're Moving...

Over the past year, we've been asked dozens upon dozens of times, "Why are you moving?"

Our answers have by now a stale quality. The new store will be larger, we say, and we wanted to own the building the store is in. We didn't desire to move from our beloved North Fourth Avenue, home to Ann Arbor's "alternative" culture for almost 25 years now. But we had looked in the neighborhood for a building to buy for five full years, and when, finally, the small building on South Main Street became available, we jumped in.

But there is a deeper reason, a more complete answer. We wanted to create a more permanent home (in a world of impermanence, that is) for a countercultural haven, which is, after all, what Crazy Wisdom Bookstore is. Crazy Wisdom is a bookstore about consciousness itself, the search for meaning, the search for health and for love and for community.

This is a town that elected the first openly gay candidate for public office in these United States (Kathy Kozaschenko, the Human Rights Party candidate, who was elected to Ann Arbor's City Council in 1972), a town which passed the nation's first law decriminalizing marijuana, a town which has been a home to vibrant meditation and spiritual communities since the early 1970's. There are all too few countercultural institutions that have been able to weather the shifting winds of the last two decades. The People's Food Co-op has survived, thankfully. The Parkway Center and Jewel Heart and the Zen Center and the Ecology Center and the Performance Network appear to thrive. But it is a delicate dance for alternative businesses and alternative communities.

What do we mean anymore by countercultural? It has been about 30 years since Theodore Roszak wrote *The Making of the Counterculture*, and the term has been out of fashion for 25 years. Yet the term 'counterculture' still rather magically encompasses most of the threads of alternative communities in Ann Arbor, and elsewhere. We can look around and see how many twentysomething to fortysomething to sixtysomething professionals throughout Ann Arbor are decidedly countercultural in their choices — whether that means sending their children to the Steiner School, or belonging to the Community Farm, or having their children birthed by local midwives, or attending the annual fund-raising dinner for WRAP, or moving into the new Co-Housing community, or being part of an alternative Yom Kippur service, or attending a women's prayer workshop at the Weber Center, or taking a Tai Chi class or learning Reiki, or buying books at Common Language or Crazy Wisdom.

We can celebrate that healthy and organic foods have become so mainstream that Whole Foods Market and the Food Co-op have become the grocery stores of choice for so many people in this town. What a great victory for health, and for consciousness about health! One has only to look at the 333 separate class listings in this issue of *The Crazy Wisdom Calendar* to appreciate how strong the demand is for alternative health care providers, healers, meditation instructors, yoga teachers, and psychotherapists who work with the body/mind connection. In this town, the counterculture has become part of the culture, and we don't even stop to think about it much.

There are also subtler means by which people in this community reflect their deep countercultural leanings, and you, the reader, can think of the ways in which you naturally participate in being part of Ann Arbor's alternative community.

Think of the choices you have made, and continue to make, and sit back and notice how your consciousness has been altered, deeply, by your slow gaining of wisdom over the last 30 years. We have melted into the prevailing system in countless ways over these years, and yet we are still true in our hearts, aren't we? We still rejoice in a sense of community, recoil at homogenized culture, seek spiritual meaning, detest Barney. And if you are too young to be able to survey the expanse of the last thirty years, take it on faith that the world that we are all inhabiting in this lovely and civilized small city is a world which has evolved deeply and profoundly because of the ongoing idealism of the baby boomer generation. The ferocious idealism (and outspokenness) of the teenage girls who participated in *The Crazy Wisdom Interview* in this issue beautifully speaks to how far the counterculture has taken the culture, and how far the prevailing culture still has to go.

With this local history as our ground, we (and our dear friend, Jon Ellis, who has been a great friend to the store these past ten years) wanted very much to be able to give Crazy Wisdom its own home, a place with more space, with room to grow, a place for local gatherings and classes, a continuing source of inspiration for spiritual and psychological seekers in this region, and passing through this region.

Our regular customers have often spoken of Crazy Wisdom as an oasis, and we, too, treasure it for just that reason. And so we thought how wonderful it would be to expand and invigorate our little oasis, while staying true to our purpose. What a great gift this store has been for us, and for the staff who has worked at the store. We all feel that when we are in the store, we are called upon to serve our customers and each other, with awareness and integrity. We are grateful to the store's founder, Aura Glaser, for passing on to us the job of being caretakers of the spirit of crazy wisdom.

In Chogyam Trungpa's book, *Crazy Wisdom*, he writes: "From the point of view of crazy wisdom, enlightenment...doesn't particularly have anything to do with being old and wise. It is more like being young and wise, because it has tremendous openness toward exploring the experiences that go on in our lives — toward exploring them psychologically, on the relationship level, on the domestic level, on the practical level, on the philosophical level, and so forth."

We know that at first the new store will not be as cozy and sweet and familiar as the current store. Please forgive us. But over time we will add to our stock of wonderful literature about consciousness and pleasing material goods that delight the five senses. More to the point, the community of seekers who are our customers will imbue the space with a conscious energy. It will continue to be a haven for awakens and softness, we hope.

— Ruth Schekter and Bill Zirinsky

Moving to Main Street

Repeatedly over the past months I have been asked how I felt about Crazy Wisdom moving to Main Street. People have voiced a lot of different opinions on the move. Some are really excited, while others are worried that Crazy Wisdom will transform into another "Main Street Gift Store".

I have been working in retail for over 20 years now, and I have never experienced retail such as Crazy Wisdom before. Crazy Wisdom is not just a retail store, it is magic. Everyday I greet customers as they come through the front door, and it is wonderful to see them stop and soak up the wonderful scents, music and ambiance here. There are those who stop by to take a break from the stress of the world outside our door, and tell me that they always feel more grounded after they have been here.

This is a feeling that none of us who work at Crazy Wisdom wants to lose, and to be truthful I don't think we could. The new store will be as warm and wonderful as the space here. But it will offer to those who enter so much more of what they are looking for. Expanding the inventory to carry more of the wonderful books and items that Crazy Wisdom is known for is only the beginning. The whole space has been designed to house Crazy Wisdom and all that she is. There will be a tearoom where people can gather and some extra space available for meetings and classes. It will be wonderful.

I have strong, wonderful feelings about Crazy Wisdom; all of us who work here do. I think that the new store on Main Street will promote even more community spirit, healing and peace in the lives of those who shop there. I am excited, and can hardly wait. There is so much to look forward to, and it all feels good.

— Carol Karr, Retail Manager

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. The Calendar is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The deadline for free calendar submissions for the May thru August, 1999 issue is Wednesday, March 24th, and the deadline for paid advertising is Thursday, April 1st. The issue will be distributed starting April 23rd. 4,000 copies of The Calendar are printed, and The Calendar is available at our bookstore as well as at more than fifteen other locations around Ann Arbor. Our phone number is 734-665-2757, and we're currently located at 206 N. Fourth Avenue, Ann Arbor, Michigan 48104. In a couple of months we will be moving to 114 South Main Street, between Washington and Huron, (just 2 blocks away!)

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This issue of *The Crazy Wisdom Calendar* was organized and edited by Bill Zirinsky. Production and Design Editor: Molly Nuzzo. Calendar Editor: Sarah Newland. Photographs by Linda Lawson, unless otherwise noted. Transcribing of interview: Abbie Stahlin. Cover design: Molly Nuzzo. Contributing Editor: Molly Nuzzo.

Most of the quotes used in the calendar section were found in the following books: *A Guide for the Advanced Soul* by Susan Hayward, and *Zen Soup* by Laurence Boldt. They're both available at Crazy Wisdom.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.



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Crazy Wisdom Bookstore will also be **hiring new staffpeople** for the bookstore, and for our new Tea Room, over the next few months. There has been very little turnover at the current store in recent years; so if you have an interest in working at Crazy Wisdom, this would be a good time to apply. Send a resume and hand-written cover letter to the address noted above.

What is a Spiritual Director?

A spiritual director is a person with whom you talk, usually once a month, about how your spiritual journey is progressing. The term "spiritual director" is a traditional one that does not mean someone who decides a direction for you.

A spiritual director is a coach who is experienced in helping people sort through their ideas and feelings about the spiritual path of their own choosing. In deciding to meet with a spiritual director, you step back regularly, look at the last month of your life from a spiritual perspective, and focus your intention for the month ahead. A monthly talk with your spiritual director is a time to relax and rejuvenate. At their best, these sessions are an experience of spiritual healing.

Jonathan Ellis, a former owner of Crazy Wisdom Bookstore in Ann Arbor, has been such a spiritual director for many years, working with people of an independent spiritual mind. His initial spiritual training was with the Jesuit religious order and he later developed a broad approach to spirituality.

Jonathan was program director for Canterbury House at the University of Michigan, planning consultant for the Edgar Cayce Foundation in Virginia Beach, staff counselor at the Nantahala Outdoor Center in the N. Carolina Smoky Mountains, and a teacher at the 100 year-old Cassadaga, Florida Spiritualist community. He currently writes for the Deepak Chopra Newsletter.

Jonathan is now based once again in Ann Arbor. He is available for monthly spiritual direction on a donation basis according to your means. You can contact Jonathan to discuss this possibility at (734) 668-6672.

Calendar Highlights for January to April 1999

- 1) Cranial Introductory Training – January 26
(See Bodywork Section)
- 2) Insight Meditation Retreat with
Matthew Flickstein – Feb. 12
(See Meditation)
- 3) Convocation 1999 – February 18
(See Conferences, Fairs, and Festivals)
- 4) Dreaming with Dr. Clara Blower – February 20
(See Dreamwork)
- 5) The Weber Center hosts Sacred Theater – February 26
(See Womenspirit)
- 6) Jean Houston (Author and Visionary) – February 28
(See Personal Growth)
- 7) The Diana Circle Offers Political Theater with ShuNahSii Rose –
March 19
(See Womenspirit)
- 8) The Crossing: A Spiritual Retreat for Writers – March 19
(See Creativity)
- 9) Louise Tenney (Master Herbalist) – March 27
(See Herbs section)
- 10) The Weber Center hosts A Sacred Concert with the
Ann Arbor Grail Singers – March 27
(See Music and Sound)
- 11) John Gray – April 30
(Author of *Men are From Mars, Women are From Venus*)
(See Intimacy and Relationships)

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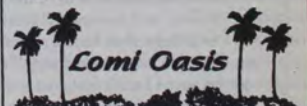
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The Invaluable Lessons of Miserable Days

An excerpt from *Stumbling Toward Enlightenment* by Local Author Geri Larkin



Then:

One man denies the truth.
Another denies his own actions.
Both go into the dark
And in the next world suffer
For they offend truth...
If you are reckless you will fall into darkness.
See what is.
See what is not.
Follow the way.

-The Dhammapada

Now:

"You can't be brave if you've only had wonderful things happen to you."
-Mary Tyler Moore

"It's a tough time. People are starving. They're going nuts. It's weird. Buckle up."
-Whoopi Goldberg at the Wilmington College Commencement, 1996

"We are all fleas on life's hot griddle."
-Unknown

Yoko Ono says Americans have given the world humor. Maybe. All I know is that we do come up with some interesting expressions. "Bad hair day" is one of my favorites. I first heard it when I was about halfway through the seminary and I had one of those days where nothing, absolutely nothing went the way I had hoped or expected. First I was late waking up, and I was the one responsible for chanting the whole temple awake. I remember opening my eyes, looking at the clock which told me it was almost five AM, mumbling, "oh shit," and running full force downstairs to open the gate before anyone tried it and found themselves locked out of morning practice. I tripped over my pants and fell halfway down the stairs, picked myself up, and then walked smack into a door which I couldn't see because I hadn't bothered to flip on any light switches in my rush. Then not a single match would light when I was preparing the candles on the altar in the meditation hall, and halfway through my chanting everyone else awake I realized that I desperately needed to urinate, so I snuck into the bathroom where I proceeded to chant at the top of my lungs hoping the other residents would think the extra sound they were hearing was rain. I forgot half the chant, I was so distracted. Then when everyone else joined me in the meditation hall for deep bows my pants slid down to my knees because I had forgotten to retie the belt in my mad dash from the bathroom. I burned the breakfast oatmeal and put too much ginseng in my tea, which made it taste like I was sucking on a filthy sock. At my

grimace, the temple priest looked over at me and quietly said, "Oh, a bad hair day," and went back to drinking her tea. I thought that was a pretty funny thing for a bald person to say. And so I was introduced to the expression which would best describe my life for the next two years.

Bad hair days, I have had my share. 1994 was so full of them that I would have been better off waiting the year out in a cave.

We all have them. Why? Because they teach us valuable lessons. They teach us about the world and how it works, and they teach us about ourselves. Without them we would be lost and, trust me on this one, deeply unhappy. Without miserable days how would we ever know if we were having a good day? Without miserable days, when would we have an opportunity to practice being calm in the face of chaos and calamity? In Zen there is a saying that I usually try to keep close to me, usually as a screen saver: "Ten thousand joys, ten thousand sorrows." That's what life is. The sorrows and the joys. Without dark there is no light.

Miserable days, bad hair days, are the effect of a myriad of causes. This is one of their core teachings. When we sit quietly and consider our worst day, it is possible to see its causes - all the choices and actions and attitudes that lead up to it. I remember being deeply in love with a man who announced, eight months into our relationship, that he was returning to his ex-wife. Talk about a horrible, no good, very bad day. It hurt too much to even cry. You know the feeling. I was the most hurt I think I have ever been and the word "trust" was wiped from my vocabulary in an instant. And I was just furious. It was a

"Bad hair days, I have had my share...we all have them. Why? Because they teach us valuable lessons...Without miserable days, how would we ever know if we were having a good day?"

thousand of my ten thousand sorrows. Later, when I was able to calm down and just sit in meditation and quietly contemplate the chain of events which led to his leaving, I saw that his decision had been utterly predictable. The arguments we had; my inflexibility about moving; her phone calls and promises; his own insecurities; their long history together. On that day I learned to see the components of situations more clearly than ever before. I learned about fear and jealousy and hope and how and who I choose for mates. I learned things I would never have learned without that experience and they were lessons which have saved my heart a thousand times since.

Ten thousand joys, ten thousand sorrows - cause and effect. This is the truth about our lives. And the days of sorrow provide an extraordinary window on what makes us tick. I had no idea I could be so angry or so hurt. There was nothing romantic about how miserable I was. For weeks I couldn't eat or sleep. Combing my hair was too much work. Clean clothes? A thing of the past. As I write I am still stunned at the impact of his action. I am also deeply grateful that I had the opportunity to learn about the consequences of my choices at a fairly early age. (And I didn't even smirk when I hear that she later married one of his best friends.) The universe takes care of things. We don't need to.

When we really look, each bad hair day teaches us unique lessons we can add to our spiritual repertoire. Here are three of my favorite (now that they're over) bad hair day stories and some of the lessons I learned from them.

Story number one: Six years ago I was invited to spend a cross-country ski weekend with some couples from a town near Ann Arbor. It was one of those "it might be business it might be pleasure" weekends where the ground rules aren't clear. I just knew that it was probably not a good idea to bring up any religious or political topics, not to mention showcasing my Buddhist prayer beads. Now I admit that I consider myself to be a good planner and am usually in a constant state of readiness for whatever life has to offer. Still, I did not completely plan for that trip since it never occurred to me that the hunting lodge-like motel where we were staying in northern Michigan in the dead of winter would have a jacuzzi. So when we all returned to the motel after a day of skiing and the rest of the group invited me to join them for a soak, I was unprepared. Thinking quickly, I went to the motel's front desk to ask if they had a lost and found. "Honey, we have something even better. We have these paper bathing suits which are good for up to three swims. And they're only five bucks." More specifically they were blue and white herringbone one-piece "play suits," just like the ones we wore when we were five (that is if you grew up before 1964), spaghetti straps and all. They were made of plastic coated paper and the packaging did indeed promise three wearings, or my money back. I decided to try one out, knowing that it would not be a pleasant picture. When I put it on I looked like some weird blue and white herringbone Chinese lantern had been pulled over the middle part of my body to protect me from some unknown evil force. I gasped every time I saw even a partial reflection of myself as I walked down the hall toward the swimming pool area.

When I reached the jacuzzi everyone else was already there. I could tell that it had been a long time since any of them had seen a Chinese lantern in human form because their conversation stopped abruptly when they saw me. I watched them try to ignore me at first, but before long they all completely gave in to staring at my cellophane attire. To give them their due, no one laughed out loud when I stepped into the jacuzzi and the whole suit filled up as though someone had pumped it full of air.

It didn't take more than a minute for everyone's jaws to close and the conversation to start again and before I knew it, a half hour of hot gossip had passed. Feeling a little light headed from the hot bubbly pool, I decided it was time to go. I stood up to leave only to be pulled back down by a man I had just been introduced to.

"Your butt's gone."

I am sure I looked at him like he was truly crazy, so he said it again.

"Your butt's gone."

I felt behind me and sure enough, the entire back side of the suit had disintegrated. Not even little cellophane frizzies remained. Nothing. Evaporado. So I did what

very management consultant who had suddenly discovered that she is the only bare butt in the place would do: I calmly asked everyone if they would mind looking away (which they swear they did) while I backed out of the room.

I learned many lessons in that experience: the value of grace in a moment of deep humiliation and how being caught up in too many mental models prevented me from doing my real planning for the trip. It would have been so easy to simply call one of the couples about planned activities - a small gesture which never occurred to me. Then there was the lesson of greed. It would not have been a big deal to spend some quiet time alone. I didn't have to visit the group and I could have foregone the jacuzzi.

Story number two. My friend Mary Jo has more bad hair day stories than anyone I know. This is always a surprise to those of us who have become her friends over the years, because she just doesn't strike you as a person who has tough days. First of all, she has money, so even if she isn't working her bills get paid. Second, she is gorgeous on blue-eyed blond, jock sort of way. She's also smart and funny. Jo is generous and kind and in many ways is a role model for the type of leadership we could use as we march into the next millennium. But in spite of all her advantages, awful things happen to her. Not big A" awful, but embarrassing things that make great stories. In 1995 she had more rotten days than anyone else I know.

Among her stories is one which has become a sort of a mini-legend around the Midwest. When I first met her, Mary Jo was organizing a foundation in Michigan. She was also its first major donor and the key to putting together the outstanding staff and board that now run it. She really worked hard. Mary Jo is quite the businesswoman, but she is also homespun in that her lifestyle is simple and wholesome. Cloth napkins, daisies in vases, hardy work clothes, and a four-wheel drive vehicle.

Because her life is such a motivating story she is often asked to speak publicly, which she hates to do. One evening she was sharing a stage with six national women leaders at a mega-fundraiser dinner where each speaker had been asked to share her best wisdom with the audience. Jo was the last speaker, which meant that she sat at the far end of a long formal dinner table right up on the stage. About halfway through the dinner she noticed that her napkin had fallen to the ground. She picked it up and tucked it into her waistband as she had been taught to do as a little girl.

When her turn to speak finally came, Mary Jo stood up, turned around, and started to walk toward the center of the stage. Except she had tucked the tablecloth into her skirt, not her napkin. By the time she realized what she had done, all of the glasses, plates, plates, spoons, coffee cups, and flowers on the table had been dragged sideways and down onto the laps of the other speakers. Suffice it to say she never did share her wisdom.

What is the lesson here? Clearly it is this: Don't believe that because you think you are paying attention to the situation you are in. We all live with the delusion that we are paying full attention to the situation we are in. In truth this is rare. As a result we have experiences that may have been prevented.

Story number three. When I first started volunteering at the temple, long before my seminary years, one of the first chores I was given was to clean the temple bathrooms. So I did. When I was done and asked for something else to do, the person running the temple looked at me and said, "Clean the bathrooms." So I went back and noticed that I had really missed a lot. There was gunk around the edges of the sink and on the floor right next to the toilet, and a little nest of pubic hairs in one corner behind the door. So I cleaned some more.

When I was done I went and asked for another job to do. You know the response: "clean the bathrooms." By now you can guess my mood. I was quickly deciding that this mild-mannered person who was giving me instructions was really some sort of sadistic freak and I had become caught in his web. But, practicing my new friend, patience, I went back. And as I looked at the bathrooms I noticed stains on the walls I had completely missed and a glob of soap by the sink well. There were still spots on the mirror I had cleaned and tiny bits of newspaper were stuck in its edges where I had hurricaned through in my initial cleaning frenzy. On this third try I took a deep breath and decided to just slow down and to clean inch by inch. I was amazed by the dirt I found. This time, when I went back to say I was leaving, the young man walked with me to the bathrooms, looked at them, and smiled. "Wonderful," he said.

I was amazed at how good I felt after cleaning the bathroom three times! I learned that paying attention, really paying attention, feels great; delicious even. It's too bad that most of us need a couple of really bad hair day experiences to learn this truth.

So miserable days have a purpose. They teach us to appreciate the softer, kinder days. We see how our practice impacts our day-to-day living. They teach us to think

ahead, to pay attention and to get over ourselves because we will never, ever be perfect. These days teach us mindfulness and force us to simply stay open to the situation, watching it unfold so we can respond in a skillful way. Since they're here to stay, we might as well integrate them into our practice, making our lives somehow juicier.

[This excerpt is from *Stumbling Toward Enlightenment*, by Geri Larkin, published by Celestial Arts Press, 1997. Copyright © 1997 by Geri Larkin.]



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The Crazy Wisdom Calendar

Acupressure, Reflexology & Shiatsu

Learn Zen Shiatsu with Frances Farmer • Fridays, Feb. 5–Mar. 26, 6:00–10:00 p.m. • 32 hours of intensive Shiatsu training. You will learn "Five Element" Theory along with Chinese meridians and organs. Also body movement, stretching and use of "Hara" will be emphasized. \$500. Call 998-0004.

Self-Acupressure with Wasantha Young • Jan. 16, 1:00–4:00 p.m. • There are some easy steps that you can use to help to relieve stress-related tension. Self-Acupressure will enable you to take an active role in your effort to bring your body, mind and spirit into a harmonious balance with your stress factors. Using your fingers to gently press the potent Acupressure points, your palms and mind to project soothing intent to the body, you can help relieve many of the tensions due to everyday stress. From head to toe, inside and out, students will gain a deeper confidence, connection and understanding in their own ability to actively respond to the messages of their tensions. \$50. Call Peaceful Dragon School of Tai Chi Chuan at 741-0695.

Reflexology with Gloria Zimet • Five Thursday evenings in March and April, 7:00–10:00 p.m. • The objective of this hands-on workshop is to teach the essentials of a thorough reflexology foot massage to folks who plan to use this skill for the benefit of their friends and/or family members. Each week, different hand positions and movements will be demonstrated and afterwards, there will be ample time to practice on one another as well as on volunteers. Class size limited to 5 participants. \$195. Call 973-8290.

Shiatsu Workshop at Ann Arbor Institute of Massage Therapy with Jane Anderson • April 9–11, 8:30–5:00 each day • This introductory course of the Japanese healing art (*shi* - finger, *atsu* - pressure) is a system for healing and health maintenance. With its beginning in 200 B.C., it is widely practiced today. In class, the student will learn basic oriental philosophy, location of meridians as well as some basic acupressure that can be integrated into other massage work. \$325. Call 677-4430.

Shiatsu for Couples at the YMCA with Edward Jackson • Feb. 7, 3:00–5:40 p.m. • Basic history and introduction to pressure point massage system as well as practical uses. \$30 per couple or \$15 for members. Call 572-7672 or the YMCA at 663-0536.

Aromatherapy

Aromatherapy with Duane Karr • Feb. 6, 10:00 a.m.–1:00 p.m. • Learn the secrets behind the healing and relaxing qualities of herbs and flowers, and look forward to keeping calm this winter. \$40 plus \$5 materials fee. Call Pierpont Commons Arts and Programs at 647-6838.

Art & Craft

Chakra Bracelet Class with Lori Grba of Plymouth Beading • Feb. 16, 6:45–9:30 p.m. • Learn to create a bracelet consisting of the seven chakra colors. You may select from three designs. After creating this special item, a meditation will be said to give special energy to your favorite adornment. \$35 includes materials. Call Ageless Wisdom at 734-207-5310.

"Everybody can be great. Because everyone can serve... You only need a heart full of grace. A soul generated by love."
- Martin Luther King, Jr.

Icon Painting Workshop with Aruna Olga Bachmann through the Lighthouse Center • Feb. 11–14 • 14th century style Byzantine liturgical process. Each person will complete an icon (egg tempura on wooden board with gilding method) to take home. You do not need to be an artist. Call 517-548-2920 for room, board and tuition.

Origami with Sandy Toivonen • Mondays, Feb. 1–Mar. 15, 7:00–9:00 p.m. • Impress your friends and yourself with seasonal Origami paper-folding. Learn to fold autumn window ornaments, Halloween trimmings, holiday table decorations, original greeting cards, package adornments, and even fancy folds of dollar bills. \$40 with materials extra. Call Pierpont Commons at 647-6838; serapion@umich.edu.

Knitting Workshop with Anne Vroom • Thursdays, Feb. 4–Mar. 18, 7:30–9:00 • No experience necessary! Learn basic knitting techniques and enough finishing to create a sampler scarf that can be donated through the U of M Knit-Wits to a needy community. More experienced knitters can learn enough technique to complete a pair of mittens. Needles and wool to be provided by the instructor. \$40 plus \$6 materials fee. Call Pierpont Commons Arts & Programs at 647-6838.

Artist's Way Groups

Artist's Way Groups with Sue McDonald • 12 weekly sessions beginning mid-January • This class is based on Julia Cameron's bestselling book *The Artist's Way* and is designed to foster both the discovery and recovery of creative zest in all aspects of life. It is appropriate for professionals in the arts, but also for nonprofessionals. \$20–\$25 per session. Call 747-9191.

The Artist's Way Workshop: A Path to Self-Discovery and Greater Creativity with Laura Massaro • Eight Mondays beginning Jan. 25 • Explore ways to live a more creative and fuller life each day. Learn to listen and respond to your inner voice and soul to make positive changes in your career and relationships. Small groups in a comfortable setting. \$20–\$25 per session depending on size. Call 971-6627.

The Artist's Way: A Spiritual Path to Creativity with Laura Massaro at Soundings: Center for Women • Eight-week class offered regularly • Based on Julia Cameron's book *The Artist's Way*, this workshop is for artists and non-artists alike. Explore creativity in everyday life and the arts as you claim your creative self. Discussion, meditation and journal writing. \$160 with partial scholarships available. Call Soundings at 973-7723.

The Artist's Way with Jill Blixt • Thirteen Wednesdays beginning Feb. 17, 6:30–10:00 p.m. • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity and authenticity and transform their lives. It is designed for anyone interested in finding their true voice – that part of themselves they know is buried and yearns to be set free. This workshop uses writing, painting, collage, music and image-making to explore and reclaim your personal creativity. It is for anyone who wishes to create a handcrafted life no matter what form it takes. \$22 per week includes light suppers and art supplies. Call 665-4577.

The Artist's Way at Work with Jane Bagchi and Jill Blixt • Twelve Wednesdays beginning Mar. 17, 11:00–1:00 • Tap the power of this tested process to unleash your strengths and talents. The Artist's Way at Work is based on the proven, powerful process that has helped over one million people awaken their creativity and realize their dreams. These concepts are now applied to the work setting in order to promote authenticity and creativity in your professional and personal life. For more information, call Jill Blixt at 665-4577.

Vein of Gold with Jill Blixt • Thirteen Tuesday evenings beginning Feb. 16 • Take the transformative power of *The Artist's Way* deeper with a process based on Julia Cameron's sequel entitled *The Vein of Gold*. Explore your authentic self and your heart's desires through writing, sound, color, painting, collage, treasure mapping and many other creative alchemy activities. Come mine your own vein of gold. This workshop is for those who have previously worked with *The Artist's Way* and wish to deepen their self-exploration. \$22 per week includes light suppers and art supplies. Call 665-4577.

Astrology

Understanding the Planets with Ricki Reeves • Thursdays, Jan. 14–Mar. 4, 7:00–9:30 p.m. • This clinic is intended to help give the student a thorough understanding of the planets and the many levels of symbolism surrounding them. Discussion will include the planets in the physical universe, planets in retrograde motion, plus an extensive interpretation of planetary psychological, traditional and spiritual meanings. \$98. Call Jill Collins at 844-8944.

Introduction to Astrological Transits with Richard Smoot and Bon Rose Fine through the Lighthouse Center • Eight Wednesdays beginning Jan. 27, 7:30–9:30 • A method for forecasting cycles of personal growth. Prerequisite: a good understanding of the basics of astrology. \$100 for pledge members; \$120 for non-pledge members. Call Nirmla at 663-2218.

True Story Transits: A Series of Experiential Workshops with Richard Smoot and B. Rose Fine • Jan. 24, Feb. 21, Mar. 21, Apr. 18, 3:00–5:00 p.m. • Astrologically, transits are a method of predicting or understanding conditions by contrasting planets that are moving across the sky, with the planetary positions in an individual's birth chart. We're collecting stories of turmoil, trials and triumphs people have experienced under various transits, with the hope of including these anecdotes as examples in a proposed publication. Astrologers of all levels are welcome, as are interested non-astrologers. Participants may attend any or all sessions. Cost is free. Call B. Rose Fine at 434-4555.

Remedial Astrology: Help and Guidance for Non-Astrologers with B. Rose Fine • Feb. 7 or Apr. 25, 2:00–5:00 p.m. • An opportunity for non-astrologers to gain a basic understanding of what's involved when they have an astrological consultation. This workshop will provide a basic overview of astrology, a perspective for comprehending a birth chart interpretation and the predictive methods used such as transits, progressions, solar returns and horary. There will be a question and answer period and tips for getting the most out of an astrological reading. Each participant will receive computer-generated natal chart interpretations and transit reports – over 25 pages of personalized astrological information. Preregistration required. \$25. Call 434-4555.

Synastry and Composites: The Alchemy of Relationships with Kim Rogers-Gallagher • Jan. 14, 4:30-6:00 • Synastry is like chemistry; it's a good way to measure how our own personal bundles of energy will affect another. Composites show the alchemy of a relationship, the magical blending of energies each encounter creates. This talk will cover everything you ever wanted to know about relating, through using both synastry and composites. We'll also look at progressed composites, transits to composites and the amazing role of the moon and her nodes in these charts. Amazing but true celebrity charts will be used to demonstrate and we'll discuss a brand new way to look at the houses in a composite chart. \$35. Call 662-4980; krgphoenix@aol.com.

Titanic: Astrological Anatomy of a Disaster with Kim Rogers-Gallagher • Jan. 11, 7:00-8:30 • Step aboard the Titanic for an astrological voyage. We'll begin our journey with a look at the chart for her sea-trials, and continue with an examination of every stop and departure. We'll look at the charts for the entire trip, including the times she was warned of icebergs in her vicinity. Included will be diagrams of the ship and charts of famous passengers, such as John Jacob Astor and the Captain of the ship, E.J. Smith. \$35. Call 662-4980; krgphoenix@aol.com.

Bodywork

Polarity Therapy Class with John Bodary • Mar. 15 and 29, Apr. 12 and 26, May 10 and 24, June 7 and 28, 6:30-10:30 p.m. • Entry level class in Polarity energy balancing emphasizing hands-on techniques and theory. \$660 for all classes and eight personal sessions. Call 313-582-5034.

Cranial Introductory Training with Katherine Urleja • Jan. 26-29 • This seminar includes topics covered both theoretically and experientially, such as fluid tide, core energetics and dynamics, shapes and fulcrum, balanced tension and still points. \$490 less \$25 if you bring a table. Call 313-582-5034 for a brochure.

Free Introductory Workshop on the Feldenkrais Method with Katherine Rogers • Date to be announced • This is a movement re-education method that teaches people how to regain freedom of movement and flexibility. The method promotes recovery from and prevention of injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. Cost is free. Call 971-5285; Kathart1@aol.com.

Feldenkrais: Awareness through Movement with Katherine Rogers • Mondays, 6:30-7:30 p.m. • This is a movement re-education method that teaches people how to regain freedom of movement and flexibility. The method promotes recovery from and prevention of injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. The class is appropriate for all ages and physical conditions. \$10. Call 971-5285; Kathart1@aol.com.

Releasing, Relaxing, Resting: Neck, Back and Everywhere with Nancy Denenberg through the YMCA • Jan. 31, 1:00-3:00 p.m. • Many people are more likely to stick with their exercise program if it contains a healthy dose of restful positions and effortless movements that release muscle tension. In standing, sitting and lying, you'll experience ways to relax your neck, back and limbs and open your breathing. Dress warmly. \$10 for YMCA members; \$15 for nonmembers. Call the YMCA at 663-0536.

Integrative Touch Therapies with Clark Roberts • Jan. 29, 5:30-10:00 p.m. and Jan. 30-31, 8:45-7:45 both days • The science and art of integrating energy-based healing practices. At the completion of this program, the learner will be able to contrast, describe, apply and demonstrate principles and practice of therapeutic touch, Reiki, chakra balancing and chair massage in one integrative session. \$250 with student discounts offered. Call Lynne Spencer at 475-7623 or Cindy Seppa at 517-764-0532.

Lomi Hawaiian Sacred Temple Bodywork Intensive with Alani Galbraith-Kuzma and Tom Kuzma • Jan. 26-29 or Mar. 2-5, 9:00-6:00 • This 36-hour intensive thoroughly introduces the Flying Dance Meditation as well as Lomi energy bodywork. No requirements for this course other than a willingness to learn and grow in unconditional love. \$400. Call 327-9328; lomison@conglomerate.com.

Rolfing: A Gentle Approach with Leland Austin • Jan. 19, 6:30-8:30 p.m. • Often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web. Releasing patterns of constriction within the fascia evokes a taller, more graceful body in which inner strength, adaptability and centeredness replace armoring and tension. A hands-on presentation for interested persons who desire the opportunity to experience a gentler Rolfing touch. Questions and discussions welcome. Cost is free. Call 741-0038.

Core Strength: Simple Grace with Khita Austin • Jan. 7, 6:30-8:30 p.m. • The Pilates-based method of exercise creates a deep sense of body awareness through which one can mindfully explore, educate and effect change in the body both functionally and aesthetically. One can become strong, supple and energized without mindless repetitive and potentially injurious movement. Discussion, demonstration and the opportunity to experience the technique. Cost is free. Call 741-0038.

Core Strength: Simple Grace with Khita Austin • Ongoing mat classes Wednesdays, 6:00-7:00 p.m. and Saturdays, 9:30-10:30 a.m. • See above description. Drop-ins welcome. \$12 per class. Call 741-0038.

Belavi Facelift Massage Seminar with Nina Howard • Jan. 31-Feb. 2 • This course is a dynamic hands-on training for professional health and skin care practitioners; i.e. massage therapists, aestheticians, bodyworkers. \$650 includes professional product starter kit. Call 747-8517; belanina@ic.net.

Polarity Therapy: A Practitioners Course with Linda Diane Feldt • 700-Hour, Two-year program beginning Spring or Summer 1999 • A certificate program in Polarity Therapy for those interested in Professional Practice and Registered Polarity Practitioner status from the American Polarity Association. Taught in an alternative learning environment, includes hands-on work, Western Anatomy physiology and kinesiology, Eastern Anatomy, business practices, craniosacral therapy, ethics, theory and more. Part can also be taken by those interested in Energy Medicine but not wanting a certificate. Sliding scale cost. Call 662-4902; holistic@adeptsys.com or www.adeptsys.com/holistic.

Buddhist Teachings & Meditation

Tong Len Meditation with Lama Kathy Wesley through Karma Thegsum Choling Center • Jan. 22, 7:30 p.m. • A brief explanation of tong len followed by questions and answers. \$10. Call 761-7495; aaktc@yahoo.com.

Tong Len Meditation Intensive with Lama Kathy Wesley through Karma Thegsum Choling Center • Jan. 23, 9:30-5:00 • Two morning and afternoon sessions of tong len practice. Cost is free. Call 761-7495; aaktc@yahoo.com.

"Maybe one day we'll grow weary of whining and celebrate the rain, the manna, the half-filled glass of water, the little gifts from heaven that make each day bearable. Instead of cloaking ourselves in the armor of pessimism, maybe we'll concede that we are who we are: capricious, unfortunate, wonderful, delicate, alive. Forgiven."

- Mark Collins

Introduction to Meditation with Eleanor Mannikka through Karma Thegsum Choling Center • Six Thursdays beginning Jan. 28, 7:30 p.m. • Course of shamata meditation covers techniques, stages and obstacles that might arise. \$60. Call 761-7495; aaktc@yahoo.com.

Bodhisattva of Compassion with Lama Colleen Reed through Karma Thegsum Choling Center • April 9, 7:30 p.m. • Public talk. \$10. Call 761-7495; aaktc@yahoo.com.

Chenrezig Practice Intensive with Lama Colleen Reed through Karma Thegsum Choling Center • April 10, 9:30-5:00 • Two morning and afternoon meditation sessions of chenrezig. Cost is free. Call 761-7495; aaktc@yahoo.com.

Life of the Buddha through Karma Thegsum Choling Center • Three Thursdays beginning April 15, 7:30 p.m. • Covers previous lives of the Buddha, his birth, life and enlightenment. \$30. Call 761-7495; aaktc@yahoo.com.

Sunday Services at Zen Buddhist Temple • Sundays, 9:30-1:00 a.m. and 5:00-6:30 p.m. • Morning meditation consists of two periods of meditation followed by a talk. Afternoon service has one period of sitting meditation followed by walking meditation, chanting and a talk. Cost is by donation. Call 761-6520.

Four-Day Intensive Meditation Retreat with Rev. Sukha Murray at Zen Buddhist Temple • Mar. 25-28 • A wonderful opportunity for discovering wisdom mind and developing compassionate heart during periods of walking and sitting meditation, manual work and rest. For more information, call 761-6520.

Overnight Introductory Meditation Course at Zen Buddhist Temple • Mar. 5 at 7:00 p.m. through Mar. 6 at 4:00 p.m. • For those who cannot attend the Thursday evening courses or who prefer the overnight retreat in order to gain an experience of the Temple. \$160 includes instruction, accommodation and vegetarian meals. Call 761-6520.

One or Two Day Retreats at Zen Buddhist Temple • Feb. 19-20 and Apr. 16-17 • Sitting and walking meditation, simple manual work, vegetarian meals and rest - a day of silence and mindfulness. Choice of two formats: \$60 for Friday from 7:00 p.m. through Saturday at 5:00 p.m. or \$50 for Saturday, 8:00-5:00. Call 761-6520.

Life of Buddha Study Group at Zen Buddhist Temple • Feb. 7, 21 and 28, 11:30-1:00 • An exploration of the life, times and teachings of Shakyamuni Buddha, and its relevance to our lives today. \$45 for three sessions. Call 761-6520.

Buddha's Enlightenment Day at Zen Buddhist Temple • Jan. 22-23, 8:00 p.m. on Friday through 4:00 a.m. on Saturday • All night sitting. Come and meditate to awaken to your true nature in imitation of Shakyamuni Buddha who sat under the Bodhi tree in ancient India and came to freedom. Sit from 8:00-10:00 p.m. or 10:00-midnight. Open to all. Bring a donation of flowers, candles, fruit, nuts or money. Call 761-6520.

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursdays beginning Jan. 14 and Feb. 18, 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Course includes some simple stretching exercises, work with the breath, meditation postures, concentration and mindfulness practice. \$120 or \$100 for students. Call 761-6520.

The Crazy Wisdom Calendar

Buddhist Teachings and Meditation (Continued)

Meditation at Jewel Heart • Sundays beginning Jan. 10, 11:00-12:15 • Concentration meditation taught according to the Tibetan tradition is directed at calming and stabilizing the mind with a development of collecting and maintaining focus. With awareness and calm, one can then apply focus accurately with analytical meditation. For cost, call 994-3387 or 994-6139.

Lam Rim at Jewel Heart • Jan. 31, Feb. 28, Mar. 28, Apr. 25, 1:30-3:30 p.m. • The Lam Rim is the essence of Buddha Shakyamuni's teachings arranged in a step by step outline. It is designed to help an individual integrate the points through analysis and meditation. The Lam Rim readily attends to all one encounters in our day to day lives. Cost is by donation. Call 994-3387 or 994-6139.

Celtic Spirituality

Celtic Spirituality: The Music of What Happens with Esther Kennedy and Sue Schreiber through Weber Center • Jan. 29 at 7:30 p.m. through Jan. 31 at 1:00 p.m. • The Celtic vision offers light and guidance to those intent upon soulmaking, prayer and right relationship. We will explore aspects of the Celtic vision and see how prayer for these ancient Christian Celts grew out of life itself and all its demands – a most natural way to the Divine. Saturday evening, celebrate Brigid, goddess and saint, and the seasonal Celtic Feast of Imbolg. We will gather to light Brigid's Fire and witness to the rebirth of creation and to the blossoming of light out of darkness. \$110 or \$5 for the ritual only. Fax 517-266-4004; Webercenter@aol.com or <http://www.op.org/adrian/weber.htm>.

Ceremonies, Celebrations & Rituals

Year End Service: Kindling Light of Wisdom Mind at Zen Buddhist Temple • Dec. 31, 7:00 p.m. • This beautiful candlelighting service provides an occasion to step back from one's worldly involvements and take stock of one's life. We also offer a New Year's Day Service on Jan. 1 at 10:00 a.m. Everyone welcome. Call 761-6520.

Sunday Candlelight Ceremony at Lighthouse Center • Weekly, 6:00-7:00 p.m. • Candlelighting, Sanskrit chanting, mantra meditation, affirmations, thank you's, forgiveness and sending light. Cost is free. Call Prachi at 449-4381.

Rites of Seer: A Ritual for Imbolc with Mateyo Empie • Feb. 6, 6:45-10:00 p.m. • Though we feel the return of the sun's light and warmth, we easily see that the temperature and vital life energy continue to decline as the Wheel turns to the third, and last, gateway of the depths, that of initiation. Our child of promise, well-born at Yule, would now prosper from connection to the wisdom of the Spirit, to help the developing consciousness see beyond the merely physical and perceive with the eyes of the heart. Accordingly, we will undertake a shamanic journey to find a guardian animal and receive the ancient Inkan rites of the seer in this energetic and symbolic work reconnecting us with our deep selves, releasing restorative forces that produce immediate and practical changes in our lives. A potluck will follow. \$29 with a \$5 discount for advance payment. Call 663-5505; Snakewillo@aol.com.

Reweaving Community: A Ritual for Eostar with Mateyo Empie • Mar. 20, 6:45-10:00 p.m. • The sun shows his face ever longer and more strongly to our youths and maidens of promise, who delight in the first stirrings of spring, the small touches of Mother Earth's greening, the brilliant blue sky above us. This time of balance sings of shaking off the isolation and introspection of winter along with our heavy coats, coming back together into sweet community, adding the enrichments of our individual insights brought back from the silent depths of dark times. Please join in this energetic and symbolic work drawn from European and Inkan traditions that reconnect us with our deep selves and release restorative forces, producing immediate and practical changes in our lives. A potluck will follow. \$29 with a \$5 discount for advance payment. Call 663-5505; Snakewillo@aol.com.

Earth Story, Earth Song with Margaret Mahoney and Jan Novotka sponsored by Visitation: Center for Prayer and Spirituality • April 14, 7:30-9:00 p.m. • During this season of spring when the sleeping Earth awakens with birdsong, flowers and seedlings we come together to celebrate the life energy of the Earth. The stories shared this evening will captivate, stretch and evoke deeper sensitivity to the Earth. The songs we sing will touch ancient roots and reconnect our souls to that of the land. The blessing of this moment is a renewed sense of kinship with the Earth. For more information, call 734-242-5520; visitation@teleweb.net.

Candlemas Ritual Teaching and Celebration with Bronwen Wildflower • Feb. 1, 8:00-10:00 p.m. • Candlemas is the time when we honor Brigid, She of the Hearth, She of the Cauldron, She of the Stones. This ritual of sacred play and sacred work is an opportunity to claim and name the new light we are holding for ourselves and our world. For women only. \$20 suggested donation. Call 769-9014.

Channeling

Open House Channeling Sessions with Aaron • Most Wednesday evenings beginning Jan. 13 • Aaron is a "being of light," a deeply loving and wise spirit who teaches with humor and compassion. He is channelled throughout the world by Barbara Brodsky. At each weekly session, Aaron will give a talk and there will be time for questions and answers and also a social period. Donations accepted. Call Deep Spring Center at 971-3455.

Crystal Clear Expressions Channeling Evening with Nanci Rose Gerler • First Monday of each month, 7:00-9:00 p.m. • Various masters, guides or angels are channelled with empowering messages of love and spiritual guidance. Taping permitted. \$10. Call 996-8799.



Photo by Linda Lawson

Introduction to Channeling with Anita McKay sponsored by Essence Point • Feb. 20, 10:00 a.m.-12:30 p.m. • A basic class to learn what channeling is, the different types and styles and why people channel. We will have discussion and do some simple exercise to explore what channeling feels like. \$25. Call 741-0478.

Spirit Talks: Messages from our Guides in Spirit with Jewel Shelden • Jan. 15, Feb. 12, Mar. 26, Apr. 16, 7:00-9:00 p.m. • Channeling by Jewel Shelden and Micki Z. You may ask questions of the guides as well as relatives that have passed into spirit. This event will be similar to an old-fashioned spirit message circle. \$15. Call 998-0604.

Basic Channeling with Shala Kilmer • Eight Tuesdays beginning Jan. 5 or Mar. 16, 7:00-10:00 p.m. • Channeling is the easiest, clearest way to get messages from the spirit world. This course will teach you to channel with ease or increase your proficiency. Limited to 10 students. \$335. Call 248-258-8287.

Channeling Level II with Shala Kilmer • Six Thursdays beginning Jan. 7, 7:00-10:00 p.m. • You will share your gift nightly with other experienced channels, becoming more confident and masterful. You can channel all the information you need for your own life and for others. Limited to 10 students. \$245. Call 248-258-8287.

Channeling Level III with Shala Kilmer • Six Thursdays beginning Mar. 4, 7:00-10:00 p.m. • This class is for the most serious students of channeling. Make it your commitment to be perfectly confident channeling your own inner master or any other loving spirit. This should be the last class you need to be a professional channel. Limited to 10 students. \$245. Call 248-258-8287.

Finding Your Soul Mate with Shala Kilmer • Jan. 30 or Mar. 10, 10:00-4:00 • You will receive a detailed channeled reading describing your soul mate and what you can do to speed up the process of meeting. Much other information from spirit sources on soul mating. Lunch provided. Limited to 10 students. \$120. Call 248-258-8287.

Spirit Message Circle with Nancy Crisp • Jan. 16, 10:00 a.m.-Noon • 1999 is a year of exciting change and growth. Nancy will channel a message for each person directly from Spirit that will offer insight, direction and technique for creating a successful growth time in the year 1999. Each message is personal and yet touches everyone in the group. Come join us and enjoy the incredible love and energy of Spirit. \$25. Call 429-3518.

Meet Your Spirit Guides Workshop with Nancy Crisp • Feb. 1, 7:00-10:00 p.m. • We have many unseen friends helping us along our growth path. Nancy will introduce you to one or two and help you get to know them. She often sees what they look like, how they work for you and she will channel messages directly from them. Come join us for a fun and informative time. \$40. Call 429-3518.

Light Transmission with Sandra Shears • Third Sunday of each month, 10:00 a.m.-Noon • A meditative program geared towards light workers which features transmissions by group energies (The Great Ones) to group energy with intent of uplifting self and humanity. \$25. Call 484-4840.



Photos by Linda Lawson

Buddhist teachings and teachers abound in Ann Arbor. One can choose to study and meditate at Jewel Heart, the Zen Temple, Crazy Cloud, Karma Thegsum Choling or Deep Spring Center. Also, the Center for Mindful Living brings Buddhist teachers and thinkers to the area for workshops. Pictured (from left to right) are Sukha Murray of the Zen Temple, Khepa of Crazy Cloud, and Barbara Brodsky of Deep Spring Center.

Childbirth Preparation

Prenatal Exercise with Victoria Cendrowski • Saturdays, Jan. 30–Mar. 13, 11:00–12:15 • This safe and effective class prepares the pregnant woman for her birthing day. Exercises will strengthen, stretch and increase endurance of those muscles most affected during pregnancy and childbirth. The class also includes relaxation, visualization and a short discussion of a relevant topic. \$39. Call 971-0456.

Childbirth Preparation Classes with Patty Brennan • Tuesdays, Jan. 5–Feb. 9 and Thursdays, Apr. 22–May 27, 7:00–9:15 p.m. • Share in a midwife's experience with normal birth. Six-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to prevent complications and make informed choices. Suggestions regarding the safe use of herbal, homeopathic and other natural therapies are included. \$165 per couple. Call 663-1523; gbrennan@umich.edu or www.salineguide.com/hmi.

Natural Approaches to Pregnancy and Childbirth with Patty Brennan • Mar. 8 and 15, 6:00–9:00 p.m. • Which vitamins, herbs and supplements are safe to take during pregnancy? Which are not? What natural remedies can you use for common complaints such as nausea, varicose veins, anemia, postpartum healing and more? \$60. Call 663-1523; gbrennan@umich.edu or www.salineguide.com/hmi.

Bradley Method Childbirth Classes and Early Bird Childbirth Classes with Isabelle Yingling sponsored by The Bradley Method • Tuesdays evenings, Jan. 5–Feb. 23 or Mar. 2–Apr. 20 • Find out how to prepare for a natural birth by staying low-risk and practicing learned relaxation. \$175. Early Bird Sessions are free and are offered Jan. 4, Feb. 1, Mar. 1 and Apr. 5. Call 475-0022.

Children & Young Adults

Children's Reiki with Ray O. Golden • Jan. 23 or April 24 • This new class is oriented and structured for children 12 and under. They are attuned to the Reiki energy and learn appropriate uses of it for themselves and others. Call 663-6075.

Children's Sunday School through Lighthouse Center • First and Third Sundays, 11:00–12:30 • Classes in spiritual development for children ages 4 to teens, whose parents are mantra meditators. Principles of metaphysics, mantra meditation, Christianity and world religions are taught at the different age levels. \$25 per family per year for class expenses. Call Nirmala at 663-2218.

Yoga for Kids Ages 7–10 with Ema Stefanova • Saturdays, 3:00–4:00 p.m. • Postures, breath awareness, simple concentration, visualization and meditation are the focus of this class for children. Yoga can improve kids' health and their grades. For cost, call 665-7801; emastefanova@compuserve.com.

Yoga for Kids and Parents with Ema Stefanova • Saturdays, 2:00–3:00 p.m. • Fun class for children ages 4–6. Yoga taught through play and active participation on the parents' part. We learn postures, simple breath awareness, etc. For cost, call 665-7801; emastefanova@compuserve.com.

The Great Relaxation Class for Kids with Jody Tull Tyler through Yoga Today • Thursdays, Jan. 14–Apr. 7, 4:00–5:00 p.m. • Children and young adults ages 8–15 will learn to recognize tension and stress and how to diffuse it through awareness, stretching and breathing. Wonderful life skills taught at a young age. \$99. Call 663-3798.

Chronic Illness & Chronic Pain

Drop In Support Group for People with Chronic Illness and Pain with Erica Dutton • Offered weekly • This unique group is available for people who are interested in a support group format led by a professional therapist. There is no obligation to attend each session. Clients can attend whenever they choose. The group will meet weekly, which will provide more frequent support than usual support group meetings that often only meet monthly. \$7 per session. Call 677-3056; eldutton@aol.com.



Support Group for Family and Friends of People with Chronic Illness and Pain with Erica Dutton • Two 1 1/2 hour sessions offered several times during winter • When a loved one becomes ill, family and friends have their own challenges. They face many emotional reactions, heavier responsibilities and often feel alone. Meet with other people to share experiences and learn new ways of coping. \$45. Call 677-3056; eldutton@aol.com.

Counseling Group for Women with Chronic Illness or Chronic Pain with Erica Dutton • Mondays, 4:30–6:00 p.m. • This group is open to adult women with any kind of chronic illness or chronic pain. Chronic illness and pain can be an isolating and life changing event. It can also be a time to reevaluate your life and create a new one. This group focuses on picking up the pieces, moving forward and creating new and satisfying life for the future. Come and share experiences and learn from other women. \$35 per session with sliding scale available. Call 677-3056; eldutton@aol.com.

Conferences, Fairs & Festivals

Convocation '99 • Feb. 18–21 • The fifth annual gathering of open-minded people from esoteric and mystical traditions. A four-day event featuring over 80 workshops, rituals and performances with merchants, an art show, shamanic tattooing and drumming circles. Featuring Donald Michael Kraig, Robin Wood, Rev. Crow Swimsaway and Dana Piper. \$55 or \$45 if preregistered. Call Emily Gabriel at 313-881-4578 or Jane Pierce at 248-548-7639; NetteGO@aol.com or www.geocities.com/Athens/9919 or JaneyPM@aol.com.

Creativity

The Crossing: A Spiritual Retreat for Writers with Elizabeth L. Hawkins at Weber Center • Mar. 19 at 7:30 p.m. through Mar. 21 at 1:00 p.m. • The Crossing is a chance for total immersion into the writing process. Working with the metaphor of "crossing over" the writing exercises will focus on times of transformation. We will also work with the living metaphors of nature and how our spiritual pilgrimage mirrors the earth and her seasons. \$110. Call 517-266-4000; fax 517-266-4004; Webercentr@aol.com or http://www.op.org/adrian/weber.htm.

The Crazy Wisdom Calendar

Creativity (continued)

The Art of Journal Writing with Phyllis Perry • One hour once per week for eight weeks • Learn an easy journal writing technique taught by a social worker and writer. Gain clarity, insight and perspective on daily and lifestyle choices. Confidential and nurturing. \$25 per session with an eight week commitment. For dates and times, call 973-0003; pperry28@hotmail.com.

Journaling Your Journey: Breakfast Writing Circle with Antoinette Thoin • Ongoing Wednesdays beginning Jan. 6, 7:30-8:30 a.m. • Meet at a local coffee house for breakfast and some early morning journaling. With like-minded pen pusher Antoinette, a prolific writer, explore whether this pun is true for you: "The right way to right writing is the write, write, WRITE way." \$5 per session. Call 623-0121.

Your Creative Process: The Little Engine that Could with Antoinette Thoin • Jan. 20 and Feb. 10, 7:30-9:00 p.m. • Explore simple tools to nurture your creative expression. Through spontaneous storytelling and simple activities, Antoinette shares StoryArt, a unique feeling sense process that encourages you to try ways of accessing your intuition and expressing it in small and big ways. \$25. Call 623-0121.

Paper-Making with Gretchen Michaels through Upland Hills Ecological Awareness Center • Feb. 28, Noon-5:00 • Create stationery, baskets, jewelry and collages while exploring the ancient art of paper-making with natural materials. \$20. Call 248-693-1021, uheac@igc.org.

Crystal Energies

Introduction to Crystals and Stones with Susan Fancy • April 16, 7:00-9:00 p.m. • Come and explore the magical mineral world. You will be introduced to some of the common healing stones. Techniques for selecting, clearing and programming stones will also be presented. \$20. Call 665-0536.

Introduction to Crystals with Aya of Ageless Wisdom • Feb. 20, 1:00-4:00 p.m. • This is a beginner course in the care and use of crystals for healing and growth. Class topics include selecting, cleansing and charging crystals; using crystals for meditation; crystals as aids to healing; and the use of crystals to protect self and home. You may bring your own or select a crystal for purchase. \$65. Call Ageless Wisdom at 734-207-5310.

Crystal Energies #1 with Mateyo Empie • Feb. 12-14 or April 9-11 • Make friends with several varieties of the most ancient beings on our planet, the stone people, and learn to use their power to tune, amplify and direct our healing energies. Emphasis will be on developing our healing intuition in a fun, supportive environment while learning psychic sensitivity; choosing, clearing and programming crystals; diagnosis of the body's auric structures; and more. Advanced levels of study are available. \$225 with a \$25 discount for advanced payment. Cost includes a set of healing stones. Call 663-5505; Snakewillo@aol.com.

Death & Dying

Embracing the Dying Process with Mary Pat Dewey of Weber Center • Feb. 4, 8:30-4:00 • You are invited to ponder the meaning of suffering and death and to consider the ethical issues related to dying. The day is designed for those who care for the dying as family and friends, as well as professional staff of hospitals, hospice, health care centers and churches. \$65 includes lunch and CEU's from Siena Heights University. Call 517-266-4000; fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrian/weber.htm>.

Differently Aabled

Sign Language with the Office for Students with Disabilities of the University of Michigan • Date and time to be announced • Signing is the third most spoken language and opens up communication between hearing and non-hearing people. An instructor will teach you the principles of this language and show you how to be comfortable with basic sign language. Learn how to invite someone for a cup of coffee. \$40. Call Leslie Davis of Pierpont Commons Arts & Programs at 647-6838; serapion@umich.edu.

Dreamwork

Leila Circle: Women's Dream Group with Suzanne Eastman • Jan. 8, Feb. 12, Mar. 12 and Apr. 9 • Personal symbols, Jungian archetypes, dream reentry with shamanic trance and dream psychodrama are some of the tools used to explore and integrate the messages from our dreams. Interactive, experiential work encouraged. Sleeping and dreaming together are an overnight option. \$25. Call 973-0299; Suzanne@home.msn.com.

Dreaming: A Way to Wholeness with Clara E. Brower sponsored by Visitation: Center for Prayer and Spirituality • Feb. 20, 9:00-4:00 • Dreams have long been seen as revelations sent from God to expose the whole true self, created in the likeness of God, to the partial self we now are. The purpose of this workshop is to provide participants with resources for integrating dream work into their own spiritual practice. \$50. Call 734-242-5520; visitation@tleweb.net.

Photo by Linda Lawson



Glenn Burdick is Director of the Institute for Psychology and Medicine, and Director of the Center for Mindful Living. He also leads stress-reduction programs.

Winter Dreams with James B. Uhl through Weber Center • Jan. 22 at 7:30 p.m. through Jan. 24 at 1:00 p.m. • For millennia, our dreams have been letting us know when we are out of harmony with life within us and around us. Dreams are the compass that lead us in the direction of becoming the persons we were created to be. This retreat provides the tools to access, interpret and understand the inner wisdom contained in our dreams. \$110. Call 517-266-4000; fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrian/weber.htm>.

Dream Interpretation with Rebecca Mullen • Thursdays, Feb. 4-Mar. 18, 7:00-9:00 p.m. • Dreams come to us for the purpose of healing. The process of exploring dreams usually awakens a personal dialogue with the self and leads to discovery. Students will be encouraged to share their dreams, investigate their symbolic meaning, both personal and collective. Instructor's orientation is Jungian and transpersonal. \$40. Call Leslie Davis of Pierpont Commons Arts & Programs at 647-6838; serapion@umich.edu.

Dreams: Their Healing Power and Spiritual Dimension with Rebecca Mullen • Mondays, 7:30-10:00 p.m. • Dreams reveal unknown aspects of our psyche and often unknown parts of ourselves. They expand our conscious awareness. People are encouraged to bring in their dreams as personal and universal messages. \$5 per session. Call 662-5925.

Drumming

Beginning Afro-Cuban Hand Drumming with Chris Gates • New classes begin monthly starting Feb. 1, Mar. 1 and Apr. 5, 7:00-8:15 p.m. • A month-long introduction to basic hand drumming techniques and traditional Afro-Cuban rhythms. Class meets once a week to learn and play rhythms on congas, djembes and other supporting percussion. No experience necessary. Instruments are provided. \$32-\$40. Call 669-8211; gateschris@hotmail.com.

Energy Healing

Vibrational Application in Daily Living Series with Cynthia D'Agostino at Ageless Wisdom • Feb. 13, 20 and 27, 10:00-Noon • Vibrational therapy changes one on a vibrational level, ending the cycle of negative re-occurring patterns. These patterns can be mental, emotional and/or physical. Through theory and practicum, the first class merges many different modalities to give practical tools for positively transforming your life on a daily basis. Traditional and nontraditional modalities are discussed. To change what you are receiving, you must change what you are giving. In the second class, we examine vibrational theories and explore practical tools for loving yourself, transforming your thoughts and using ancient keys to unlock your fullest potential. In the third class, we will explore traditional modalities of vibrational therapy (homeopathy, flower essences, gemstones and elixirs) as well as color, sound, aroma, touch, the chakra system and meditation. Each class in this series may be taken individually or combined. \$50 per weekly class. Call 734-207-5310.

Visualization and Meditation for Healing with Aya at Ageless Wisdom • Feb. 27, 10:00-4:00 p.m. • This course will cover the use of imagery in healing and maintaining health. Students will experience guided visualization that enhances body functioning. Class topics include the body-mind connection; disease as metaphor; chakras, colors and images in health; and distant healing. \$65. Call 734-207-5310.

Healing Essentials with Ray O. Golden • Wednesdays, Feb. 24-Mar. 17, 7:00-9:30 p.m. • This workshop provides powerful and subtle healing and processing techniques to complement energy healing techniques. It is beneficial for working with others and doing personal work. \$100. Call 663-6075.

Direct Energy Work with Sandra Shears • Fourth Saturday of each month, 10:00 a.m.-Noon • Through a series of individually concentrated and group healing sessions, the physical and etheric bodies are brought into balance and aligned with the lightbody, creating inner illumination, mental clarity and an open heart at will. \$25. Call 484-4840.

Energy Artistry with Sandra Shears • Every other Tuesday, 7:00-9:00 p.m. • Practicum group for alternative practitioners just beginning practice, for established practitioners wanting to expand their practice into energy work or for traditional practitioners intending to add another dimension to their work. \$25. Call 484-4840.

Feng Shui & Sacred Space

Space Clearing Techniques with Susan Fancy • Mar. 12, 7:00-9:00 p.m. • Just like physical clutter, old energies can accumulate in our living spaces and bodies, reducing our vitality and clarity. We'll explore a variety of techniques for restoring harmonious energy levels, including smudging, essential oils and meditation. \$20. Call 665-0536.

Feng Shui Basics with Lynn Meadows • Feb. 23, 7:30-9:30 p.m. • Create harmony in your space to promote harmony in your life through this ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles (yin, yang, chi and tao). Based on self-identified goals, each participant will also receive three Feng Shui adjustments to implement in their home or office. \$35. Call 662-3446.

Feng Shui Intensive with Lynn Meadows • Mar. 6, 10:00-5:00 • Explore some of the finer points of the ancient art of Feng Shui to promote harmony in your life through the creation of harmony in your environment. Learn how to balance the elements in your surroundings and to activate energies that can change the quality of your life. Each participant will receive an analysis of a room of their choice with Feng Shui recommendations to implement in that space. \$90. Call 662-3446.

Feng Shui of Fabrics for Interiors and Fashion with Lynn Meadows • April 6, 7:30-9:30 p.m. • Discover how the ancient art of Feng Shui can aid you in the selection of fabrics to enhance your environment and support your apparel choices. Feng Shui looks at the five elements and yin/yang qualities of an existing situation and makes adjustments to create a balance that can achieve harmony. Fabrics are an easy way to alter an unbalanced environment or create an ensemble that is appropriate for your unique character and personality for specific occasions or purposes. \$35. Call 662-3446.

"No soul that aspires can ever fail to rise; no heart that loves can ever be abandoned. Difficulties exist only that in overcoming them we may grow strong, and they only who have suffered are able to save."

- Annie Besant

Introduction to Feng Shui with Wendy Warrick • Jan. 19, 7:00-8:00 p.m. • What is Feng Shui? What can it do for you and your environment? Learn what it's all about - how this ancient art can facilitate an environment that is clear, balanced and supportive. \$10. Call 623-0121.

Feng Shui Basics Revisited with Wendy Warrick • Jan. 26, 7:00-9:00 p.m. • This class covers the use of the mystical symbol, the Bagua, to diagnose and resolve energetic imbalances. Plus, we'll go over the various cures and how to use them to realign, energize and harmonize space. Bring a photo of a room and its floorplan to class for analysis. \$25. Call 623-0121.

Clearing, Cleaning and Combining Energies with Wendy Warrick • Feb. 23, 7:00-9:00 p.m. • This class covers a more esoteric aspect of Feng Shui - the chi or energy inherent in all objects, rooms, etc. and how it can be worked with to provide a positive, supportive flow of energy. We'll also cover the specific types of energy found in everything from iron railings to cement, to wood siding and how to combine the various types to achieve harmony. \$25. Call 623-0121.

Co-Building with the Earth: Architecture in the 21st Century with Wendy Warrick • Mar. 23, 7:00-9:00 p.m. • In this final class in the series, we'll cover the variables related to the building of a structure: the impact of various architectural styles, the energy of neighborhoods, tuning into ground energy for site selection and the impact of natural elements. \$25. Call 623-0121.

Beginning Feng Shui: The Chinese Art of Placement with Deborah Harrington and K. Mully Mulliner • Jan. 16, 10:00-5:00 • This workshop will give you basic insight into Black Hat sect Feng Shui. Using our individual floorplans, we will carefully examine the physical and spiritual energy of our homes and explore ways to bring more harmony into our lives. \$45 includes vegetarian lunch. Call 475-0631.

Feng Shui and Spirituality with K. Mully Mulliner and Deborah Harrington • Feb. 20, 10:00-5:00 • We will take a look at the spirits and energies of our homes and gardens. In this class, we will learn techniques to enhance our homes and the spirits of our lives through Feng Shui, meditation and creative expression. \$45 includes vegetarian lunch. Call 475-0631.

Creating a Personal Temple with Feng Shui and I Ching with Deborah Harrington and K. Mully Mulliner • Mar. 20, 10:00-5:00 • Using Feng Shui and a simplified I Ching, we will be guided into our personal temple for rejuvenation and guidance toward our personal fulfillment. We will then construct a symbolic temple to help us hold our experience. \$45 includes vegetarian lunch. Call 475-0631.

Healing Practices

Explorations in Mind/Body Healing sponsored by Essence Point • Jan. 29, Feb. 26, Mar. 26 and Apr. 30, 7:30-9:30 p.m. • A community gathering to explore and exchange new ideas and concepts in the areas of metaphysics, spirituality, psychic development and healing. We will experience group meditation, presentations on various topics and work with a variety of healing techniques for individuals and groups. Time will be allowed for group interaction and questions and answers. \$10. Call 913-9830.

Empowerment Healing #1 with Mateyo Empie • Jan. 15-17 or Mar. 12-14 • An introduction to the most powerful healing practices, both ancient and modern. We will learn grounding, creating sacred space, astral journeying, feeling and channeling healing energy, setting psychic boundaries in relationships, raising energy, the fire ceremony, types of spirit guides, crystals, vitalizing and repairing the aura and other practical tools to joyfully heal and empower ourselves. A fun class with concrete results, it is the first in a year-long series around the four directions of the Medicine Wheel. We will confirm what we know already with the wisdom of the ancients. The Friday session can be attended free with no obligation. Weekend workshop includes Friday evening, all day Saturday with evening fire ceremony and all day Sunday. \$225 with a \$25 discount for advanced payment. Call 663-5505; Snakewillo@aol.com.

Herbs

Iridology and Herbology for Registered Nurses with Cindy Klement • Mar. 12-14 • See description under Professional Enrichment.

Louise Tenney on Herbs sponsored by Cindy Klement • Mar. 27, 10:00-4:00 • Master Herbalist Louise Tenney has sold over one million copies of her health books throughout North America. In addition to the 17 books she has authored, she has spent over 20 years researching. This lecture will focus on building and elimination through diet and herbs. \$40 includes vegetarian lunch. Call 975-2444.

Herbal Series with Cindy Klement through Ageless Wisdom • Four week series. Each class is complete unto itself and may be taken individually or combined. All classes meet 7:00-8:30 p.m. \$12 per class. Call Ageless Wisdom at 734-207-5310.

Building a Better Immune System • Feb. 15 • How much of life did you miss last year due to the flu? Learn how to build up your immunity against this season's flu and other viruses by utilizing natural approaches including medicinal herbs and diet.

Respiratory Health • Mar. 8 • Don't spend another season sneezing or wheezing. This class will focus on building a stronger respiratory system and will feature dietary suggestions, herbal remedies, deep breathing exercises and more.

Energy and Your Health • Mar. 29 • A lack of energy is detrimental to your health. Without energy, the body cannot keep up with the task of building. Find out what the energy destroyers are and how to energize the body for the new 1999 you.

Alternative Medicine Cabinet • April 12 • Over the past twenty years, I have successfully raised my family using products from the natural healing world in place of what is found on the drugstore shelves. In this class, I will be sharing some of the beneficial uses of herbal remedies and the books that will help guide you to using these harmless plants and supplements.

Herbal Wisdom: A Two-Year Certificate Program with Linda Diane Feldt • Begins Spring of 1999 • This 350-hour program combines class time, discussions, lectures, self study, wild harvesting, identifying, growing, preserving, creating your own materia medica and much more. Designed for those who want to practice herbalism as well as those desiring a much deeper personal foundation and relationship with herbs and nature. For cost, call 662-4902; holistic@adeptsys.com or www.adeptsys.com/holistic.

The Crazy Wisdom Calendar

Herbs (continued)

Herbal Wisdom at The People's Food Co-op with Linda Diane Feldt • One night each month in Feb., Mar. and April, 7:30-9:30 • This class explores aspects of herbalism and how you can use herbs for nourishment and healing. Check the Co-op for the exact schedule. Cost is free. Call 662-4902; holistic@adeptsys.com or www.adeptsys.com/holistic; or call Michelle at the PFC at 994-9174.

"We shall never know all the good
that a simple smile can do."
- Mother Teresa

Holistic Health

Open Research Meeting with The Center for Alternative Medicine Research in Cardiovascular Research • Third Friday of every month • All alternative practitioners are invited to participate in an open forum on current research in alternative medicine. Practitioners are encouraged to bring their ideas about possible projects for consideration by the Center. Cost is free. Call Elena Gillespie at 482-2930; egillesp@umich.edu.

Treating Depression with Dinner and Other Natural Alternatives with Judy Stone of Healing Nutrition • Feb. 13, 10:00-4:00 • Whether you use anti-depressant medication, are considering it or are trying to avoid it, this workshop will offer you a different perspective on successfully treating depression. You will learn about the connection between the biochemical and bioenergetic causes of depression. Nutrition, body-mind therapies, light therapy, 5-HTP, St. John's Wort and other natural alternatives to drug therapy will be presented along with information on safe use and where to find resources. The day will include lunch along with information on how to eat to stabilize and improve your emotional well-being. You will have the opportunity to participate in bioenergetic exercises that help release and move blocked energy that underlies depression. \$80 includes lunch. Call 994-5549.

Alternative Medicine Cabinet with Cindy Klement • Feb. 23, 8:00 p.m. • Over the past 20 years, I have successfully raised by family using products from the natural healing world in place of what is found on drugstore shelves. In this class, I will share some of the best remedies to have on hand for your healing chest. Cost is by donation. Call 975-2444.

Your Immune System and the Flu with Cindy Klement • Jan. 17, 1:00-3:00 p.m. • How much of life did you miss last year due to the flu? Learn how to build your immunity against this season's flu virus by utilizing natural approaches including medicinal herbs. For cost, call 975-2444.

First Tuesdays with Cindy Klement • 11:30-1:30 p.m. • \$10 per class. Call 975-2444.
Jan. 5 • Menopausal Solutions
Feb. 2 • Balancing High and Low Blood Sugar
Mar. 2 • Good Vitamins, Bad Vitamins: Can't I Just Get Them in Foods?
Apr. 13 • Cookbook Conversion: Using Any Recipe and Making it Healthy

First Thursdays with Cindy Klement • 7:00-9:00 p.m. • \$10 per class. Call 975-2444.
Jan. 7 • Adult Attention Deficit: Nutrition and Herbs
Feb. 4 • Menopausal Solutions
Mar. 4 • Balancing High and Low Blood Sugar
Apr. 15 • Good Vitamins, Bad Vitamins: Can't I Just Get Them in Food?

Spring Cleaning the Body and Mind with Cindy Klement • Mar. 9, 7:00 p.m. • Fasting and detoxification programs for cleansing the body and clarifying the mind. \$10. Call 975-2444.

Natural Wellness: Water - Can I Be Bathing in Poisons? with Glenn Miller • First Monday of each month, 6:30 • Who is in control of the quality of your water? Is your water safe or toxic? Cost is free. Call 995-2124; chiro@mich.com.

Homeopathy

Herbal and Homeopathic Remedies for Children's Health Care with Patty Brennan • Feb. 2 or Apr. 17, 9:00-3:00 • What are some natural remedies that can be helpful in treating common ailments of children - from newborns to teenagers? Emphasis is placed on identifying helpful resources and developing a home medicine chest or travel kit of natural remedies. We will consider remedies for specific concerns such as teething, croup, fever, ear infection, growing pains, sports injuries, acne and emotional imbalances. \$60. Call 663-1523; gbrennan@umich.edu or www.salineguide.com/hmi.

Introduction to Homeopathy with Patty Brennan • Four Wednesdays, Feb. 10-Mar. 3, 7:00-9:00 p.m. • Come learn about Homeopathy - a 200-year-old system of healing with natural substances. We'll explore the principles of Homeopathy and their application. CEU's for nurses. \$40. Call 663-1523; gbrennan@umich.edu or www.salineguide.com/hmi.

Homeopathy: Beyond the Basics with Patty Brennan • Five Wednesdays, Mar. 10-Apr. 7 or Five Mondays, Mar. 29-Apr. 26 • Increase your understanding about the healing potential of Homeopathy. This class is designed for those who are familiar with the basic principles of Classical Homeopathy, have some experience using it and are interested in exploring further. We will discuss materia medica and remedy essences, explain theories regarding potency and dosage and study how the repertory is organized and used. CEU's for nurses. \$50. Call 663-1523; gbrennan@umich.edu or www.salineguide.com/hmi.

Hypnotherapy

Weight Loss through Hypnotherapy with Jewel Shelden • Feb. 13, 2:00-4:30 p.m. • Hypnotherapy method works best in combination with conscious eating and sensible exercise. You will be highly motivated by a deeply relaxing meditation with healthy suggestions for the subconscious. Only in this weight loss session will you listen to a spirit-inspired tape that helps you to realize your spiritual purpose in this lifetime. \$34. Call 998-0604.

Infant Massage

Infant Massage Classes with Audrey Simon • New classes begin monthly • Four-week class to learn the benefits and methods of interactive massage according to the baby's individual needs. The purpose of the class is to enhance loving communication and bond between baby and caregiver. \$85 includes handbook, bottle of oil and handouts. Call 741-9706.

Intimacy & Relationships

Life-Givers and Lovers: Human Intimacy and the Spirituality of Relationships with Fran Ferder and John Heagle through Weber Center • Feb. 19 at 7:30 p.m. through Feb. 21 at 1:00 p.m. • This workshop is an invitation to explore our journey of development as persons and the ways in which our psychosexual growth impacts our capacity to become friends, lovers and servants. In a setting of presentations, personal reflection and shared dialogue, and with biblical theology and developmental psychology as a context, we will explore the spirituality of relationships, human intimacy and our call to generative loving. \$110. Call 517-266-4000; fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrian/weber.htm>.

The Language of Love: From Hurt to Forgiveness to Intimacy with Sean Hogan-Downey and Bill Downey through Weber Center • Feb. 12 at 7:30 p.m. through Feb. 14 at 1:00 p.m. • What hurts or angers most couples? It is being misunderstood. One can feel disconnected, shamed, frustrated. It's a marital nightmare. In this weekend, couples will learn practical ways to understand, accept and talk about difficult feelings and subjects, such as anger, sadness, frustration, grief, shame, sex and intimacy. \$250 per couple. Call 517-266-4000; fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrian/weber.htm>.

Personal Success Weekend Seminar with John Gray through the Church of Today • April 30, 7:00 p.m. to 10:00 p.m., May 1, 9:00 a.m. to 5:00 p.m., and May 2, 2:00 p.m. to 5:00 p.m. • Call Marianne DuBuque at 810-758-3050.

Intuitive Awareness & Psychic Development

Intuitive Awareness 1: Awareness with Ray O. Golden of Practical Psychic Center of Ann Arbor • Feb. 20-21, 10:00-4:00 • Learn simple and powerful techniques to begin to see, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. You also learn to communicate with both your own and others' God-of-the-heart (Higher Self) and to do readings from that level. \$129 or \$115 if prepaid or \$109 if you bring 2 or more friends. Call 480-7796.

"Be patient toward all that is unresolved in
your heart and try to love the questions
themselves..."

- Rainer Maria Rilke

Intuitive Awareness 2: Deepening Awareness & Skills with Ray O. Golden of Practical Psychic Center of Ann Arbor • April 17-18, 10:00-4:00 • Continue to develop your intuitive perception and learn to recognize and heal layers of the aura. Connect with one of your healing guides to communicate and do healings. \$139 or \$125 if prepaid. Call 480-7796.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden of Practical Psychic Center of Ann Arbor • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. For time, date and cost, call 480-7796.

Intuitive Awareness 4: Channeling with Ray O. Golden of Practical Psychic Center of Ann Arbor • Learn to safely become a conscious channel, using a technical system as your foundation. For date, time and cost, call 480-7996.

Re-Membering the Temple with Lorna Brown and Julia King sponsored by Essence Point • **Level I:** Jan. 9, 9:00-5:00; **Level II:** Jan. 22 from 7:00-9:30 and Jan. 23 at 9:00-5:00; **Level III:** Mar. 19 at 7:00-9:30, Mar. 20 at 9:00-5:00 and Mar. 21 at 9:00-5:00 • Progress through this series of classes that engage you in deeper understanding and relationship with your psychic and intuitive nature. Learn to experience subtle energies, integrate healing modalities, read auras and energy fields, channel healing guides and claim personal power. \$100 for Level I; \$150 for Level II; \$175 for Level III. Call Lorna at 428-8748 or Julia at 313-785-8488.

Psychic Development Workshop with Nancy Crisp • Jan. 22, 7:00-9:00 p.m. and Jan. 23, 9:00-5:00 • This workshop will help each person connect with their own psychic ability. You will learn how to communicate for your own guidance, awareness and growth. We will use meditation, messages from Spirit and various exercises to help you experience your psychic abilities. We will explore sight, sound, touch and intuition, learning which is natural and easy for us. Come join us for a fun and adventurous experience. \$125. Call 429-3518.

Psychic Development: Eight-Week Course with Nancy Crisp • Begins Feb. 20, 9:00 a.m.-Noon • This workshop is for those who want to more fully develop their psychic abilities. Each week will be devoted to meditation and practicing various techniques to open your ability to use your psychic talents both for yourself and to help others. We will explore sight, sound, touch and intuition. Gathering together once a week offers the opportunity to have group support and confidence building feedback, helping us to know how real Spirit is. \$200 per person for eight weeks. Call 429-3518.

Something Simple: Psychic Skills for Beginners with Diane Evans and Karen Zokas • **First Session:** Jan. 21, 28 and Feb. 4, 11 and 18 or **Second Session:** Mar. 4, 11, 18, 25 and Apr. 1 • Something Simple is a sampler of psychic exercises and information. Its goals are to acquaint people with tools that can aid them in recognizing the innate abilities they already possess, to develop these abilities to have increasing connection to and faith in their own inner guidance and to utilize these abilities to enhance the quality of everyday life. \$115 or \$100 if preregistered. Call Diane at 971-0795 or Karen at 248-348-6119.

Jewish Spirituality

Jewish Views of Immortality and the Afterlife with Barbara Boyk • **Eight sessions** • Using the material from *The Death of Death* by Neil Gillman and *Jewish Views of the Afterlife* by Simcha Paul Raphael, we will examine our beliefs and understandings of life and death, creation and completion, body and spirit. Sliding scale \$54-\$108. For dates and times, call 994-4006.

The Labyrinth

Walking the Labyrinth through Visitation: Center for Prayer and Spirituality • Feb. 5, Mar. 5 and Apr. 2, 9:00-5:00 • "The labyrinth is an archetype of wholeness, a sacred place that helps us rediscover the depths of our souls." -Lauren Artress, *Walking the Sacred Path*. The labyrinth is found in all religious traditions. During the Middle Ages, Christians journeyed to pilgrimage cathedrals where they walked the winding path. The labyrinth continues to be a metaphor for the spiritual journey. Everyone is welcome. Cost by donation. Call 734-242-5520; visitation@teleweb.net.

Massage Therapy

Somatic Release in Clinical Massage: A Comprehensive Certification Program in Neuromuscular/Myofascial Therapy with Mark Cullen • Jan. 22-24, Feb. 26-28, Mar. 19-21, Apr. 23-25, May 21-23; **Friday 7:00-10:00 p.m., Saturday 9:00-5:00, Sunday 9:00-4:00** • This is a wonderful course covering the clinical application of massage therapy in the treatment of musculoskeletal problems, including myofascial pain and dysfunction, chronic pain and repetitive motion disorders (carpal tunnel, TMJ). Procedures include neuromuscular/myofascial therapy, energy work, fascial release, positional and post-isometric muscle release, Swedish massage and gentle stretching. \$1,350 or \$1,200 with early registration. Call Cynthia Hoffman at 761-5402.

Myofascial Therapy I Workshop at Ann Arbor Institute of Massage Therapy with Bob King • Jan. 29-31, 8:30-5:00 each day • An effective form of Deep Tissue Massage which addresses postural distortions and chronic myofascial patterns of strain. Myofascial Therapy offers a cooperative approach for improving structural alignment with specific emphasis on palpatory skills, postural assessment techniques, direction, pressure, breath awareness, perception and sensitivity. Each of the workshops will be devoted to different sections of the body. \$325. Call 677-4430; fax 677-4520.

Myofascial Therapy II Workshop at Ann Arbor Institute of Massage Therapy with Bob King • Mar. 5-7, 8:30-5:00 each day • See above description. \$325. Call 677-4430; fax 677-4520.

Myofascial Therapy III Workshop at Ann Arbor Institute of Massage Therapy with Bob King • Mar. 26-28, 8:30-5:00 each day • See above description. \$325. Call 677-4430; fax 677-4520.

620-Hour Professional Training Program in Massage Therapy with Ann Arbor Institute of Massage Therapy Core Instructors • **February class begins Feb. 24 and meets on Monday and Wednesday morning, 9:00-12:30 or evening, 6:00-9:30** • AAIMT is dedicated to assisting each student in achieving excellence in the therapeutic skills, personal awareness and sensitivity needed for a successful and rewarding practice of massage therapy. The program includes anatomy and physiology, myofascial therapy, neuromuscular therapy, sports massage, shiatsu, seated massage and various components and related approaches of therapeutic massage. \$5,750. Call 677-4430; fax 677-4520.

Seated Massage Workshop at Ann Arbor Institute of Massage Therapy with Margaret Szedenits • Mar. 20, 8:30-5:00 • Seated Massage concentrates on teaching the participant a therapeutic routine that can be adapted to different situations. Use of body mechanics to produce maximum results with minimum effort are taught. \$125. Call 677-4430; fax 677-4520.

Sports Massage I Workshop at Ann Arbor Institute of Massage Therapy with Jocelyn Granger and Jane Anderson • April 24-25, 8:30-5:00 each day • Sports Massage uses a combination of specialized techniques to prevent sports injuries, boost athletic endurance and performance and accelerate recovery from injury or fatigue. The principles and techniques of sports massage include the physiology of the injury and repair process, pre-event, post-event and maintenance and principles of sports injury assessment and treatment. \$225. Call 677-4430; fax 677-4520.

Open House at Ann Arbor Institute of Massage Therapy with Jocelyn Granger and Jane Anderson • Jan. 16 or Feb. 20, 10:00-1:00 • Come by to visit and familiarize yourself with our environment and our program in massage therapy. There will be free seated massages, door prizes and light refreshments. Now is the time to register for class and beat the last minute rush. Cost is free. Call 677-4430; fax 677-4520.

"Conformity is the jailer of freedom and the enemy of growth."

- John F. Kennedy

Curious About Massage? with Rebecca Staffend • Jan. 12 or Apr. 13, 7:00-9:00 p.m. • Free talk about the benefits of massage according to ongoing research, question/answer period, mini massages and healthy munchies. All welcome. Cost is free. Call Inner Balance Studio of Massage and Yoga at 657-4144.

Couples Massage with Rebecca Staffend • Feb. 9 and Feb. 23, 7:00-9:30 p.m. • Find out more about building greater intimacy and a healthy relationship with your partner through caring touch. Please bring two pillows and blankets with you and wear loose, comfortable clothing. \$45 per couple for one class or \$80 per couple for two classes. Call Inner Balance Studio of Massage and Yoga at 657-4144.

Massage for Couples with Peter Baker • Feb. 13, 9:00-4:00 • Explore massage techniques designed for couples. Due to limited space, enrollment is limited to five couples. \$65. Call Leslie Davis at Pierpont Commons Arts & Programs at 647-6838; serapion@umich.edu.

Massage with Peter Baker • **Wednesdays, Feb. 10-Mar. 17, 6:30-8:00 p.m.** • Learn massage techniques that enable you to manage stress in the home or office. Discover the methods used to work with tight muscles. Explore methods appropriate to the intimacies and sensuality of massage. Bring loose-fitting clothing and a pillow, mat or blanket to lie on. \$40. Call Leslie Davis at Pierpont Commons Arts & Programs at 647-6838; serapion@umich.edu.

Meditation

Vipassana/Insight Meditation Retreat with Matthew Flickstein • Feb. 12-14 • Weekend residential retreat begins Friday evening and ends midday on Sunday. For more information, call Glenn Burdick at 663-0661.

Meditation (Sitting, Walking and Standing) with Wasantha Young • Jan. 23, 1:00-4:00 • There are many forms of meditation practice all over the world. This class will focus on basic Buddhist and Taoist meditation techniques: sitting, standing, walking, pondering, visualization and guided meditation. All visualizations and guided meditations will be in body experiences. Meditation techniques can act as a vehicle, offering an opportunity for the practitioner to see the true nature of their being, the nature of their thoughts and how they may reflect in the body. \$50. Call Peaceful Dragon School of Tai Chi Chuan at 741-0695.

Meditation, Relaxation and the Inner Journey with Lorna Brown sponsored by Essence Point • Feb. 13, 10:00-4:00 • The first step in the meditative process is to move into that quiet space within. Learn to easily move into a relaxed, meditative state and then proceed through a variety of meditative techniques to explore our inner places. \$45. Call 734-428-8748.

Practical Tips on Mindfulness Meditation with Erica Dutton • Two-hour session offered several times in winter • An introduction to mindfulness meditation and how it can benefit you. You can use this form of meditation anywhere, anytime, anyplace. Learn how to meditate in a practical way - no futons, incense, candles or lotus position, and still enjoy the benefits. \$35. Call 677-3056; eldutton@aol.com.

Silent Group Meditation sponsored by Essence Point • **Sundays, Noon-1:00 p.m.** • Two periods of unguided silent meditation for 25 minutes each. People from all disciplines welcome. Comfortable chairs provided or bring a cushion if you prefer. Cost is by donation. Call 913-9830.

The Crazy Wisdom Calendar

Meditation (continued)

Meditation with David Lawson of Deep Spring Center • Feb. 4–Mar. 18, 7:30–9:30 • Meditation is a simple and direct practice – the moment-to-moment investigation of the mind/body process through calm, focused awareness. No special religious beliefs are required; this is a spiritual process. Each class includes sitting time, instruction and group discussion. Bring a cushion or blanket to sit on. \$20. Call Leslie Davis of Pierpont Commons Arts & Programs at 647-6838; serapion@umich.edu.

Intensive Meditation through the Lighthouse Center • First and Third Friday of each month, 7:00–10:00 p.m. • Twenty minutes of meditation on each of the seven chakra centers. Cost is free. Call Prachi at 449-4381.

Introductory Meditation Lectures with Chetana through the Lighthouse Center • Jan. 29, Feb. 26, Mar. 26, Apr. 30, 7:00–10:00 p.m. • Introductory lecture on mantra meditation and empowerment with a mantra. \$50 or \$15 for repeat. Call Nirmala at 663-2218.

Beginning Chakra Meditation Class with Prachi and Nirmala through the Lighthouse Center • Eight Thursdays beginning Feb. 28, 7:30–9:30 • Introduction to and empowerment of mantras on the seven energy centers. Prerequisite: Chetana's introductory meditation lecture and two months of mantra meditation. \$80 for pledge member, \$100 for non-pledge member. Call Prachi at 449-4381.

Mastering Meditation with Kapila Castoldi of Sri Chinmoy Centre of Ann Arbor • Sundays, Jan. 10, 17 and 24, 2:00–4:00 p.m.; Mondays, Feb. 15, 22 and Mar. 8, 7:30–9:30 p.m.; Mondays, Mar. 15, 22 and 29, 7:30–9:30 p.m. • A three-week introductory program covering the essentials of meditation, quieting the mind, practical techniques of relaxation and meditation and self-improvement. Interested individuals may continue through a series of advanced sessions. Cost is free. Call 944-7114.

Lomi Flying Dance Meditation with Alani Galbraith and Tom Kuzma • Thursdays, 7:00–9:00 p.m. • This graceful and powerful energy awakening dance, based on the infinity symbol, speaks to our ancient body knowing that we too are infinite beings. It teaches alignment, empathy and expansion as it moves the primal healing energy of unconditional love. \$5 and a snack to pass. Call 327-9328; lomisong@conglomerate.com.

Introduction to Insight Meditation with Teachers of Deep Spring Center • Six Wednesdays beginning Feb. 3, 7:30–9:30 p.m. or Six Thursdays beginning Feb. 4, 7:30–9:30 p.m. • Vipassana or insight meditation comes from the oldest teachings of the Buddhist tradition and consists of moment-to-moment awareness of the mind-body process as a path to self-understanding and freedom. This course provides an introduction to Vipassana meditation, walking meditation, loving-kindness meditation, mindfulness in daily living and establishing a meditation practice. Bring a blanket and cushions for sitting on the floor. \$40. For Wednesday class, call Frank Levy at 475-2933 or Ann Arbor Rec & Ed at 994-2300. For Thursday class, call David Copeland at 995-5344 or Lucinda Stevens at Ann Arbor Public Schools at 996-3151. A four-week class will also be offered through University of Michigan. For dates, call 475-2933.

"For the Great Spirit is everywhere; He hears whatever is in our minds and hearts, and it is not necessary to speak to Him in a loud voice."

- Black Elk

Continuing Insight Meditation with Barbara Brodsky of Deep Spring Center • Most alternate Tuesday evenings • For explanation of insight or vipassana meditation, see above description. This class is appropriate for continuing students at every level, for students who have completed or are in an introductory class or have attended at least one retreat or meditation day. New students are asked to take the short introductory class with this one or to meet individually with a teacher for one meeting for the basics. \$115 for the semester. Call Deep Spring at 971-3455.

Continuing Insight Meditation: Seeking the Heart of Wisdom with David Coupland and Cassie Camman of Deep Spring Center • Six Thursdays beginning Feb. 4, 7:30–9:30 p.m. • This course provides an ongoing opportunity for meditators to deepen their practice, explore the teachings and come together for mutual support and learning. Each semester we will work with a different topic and text. This semester we will survey basic Buddhist teachings using *Seeking the Heart of Wisdom* by Joseph Goldstein and Jack Kornfield as a guide. We will relate these teachings directly to our practice and daily lives through meditation exercises, personal discovery and shared experience. Bring a blanket and cushions for sitting. Prerequisite: Introduction to Insight Meditation. For cost, call David Coupland at 995-5344, Cassie Camman at 662-6704 or Lucinda Stevens at 994-2300.

One- or Two-Day Non-Residential Insight Meditation Retreat with Barbara Brodsky of Deep Spring Center • Jan. 30–31, 9:30–5:00 each day • For explanation of insight or vipassana meditation, see above description. The first day of the retreat is suitable for beginning and experienced meditators. There will be instruction in sitting and walking meditation, silent practice and discussion. The day, including lunch, will be held in silence. Mindfulness throughout the day, whether meditation, eating or walking by the lake, will be a focus. The second day is open only to those who have taken a prior introduction or have equivalent experience in insight meditation. It will be a continuation of instruction and offer more silent meditation time. \$30 for one day or \$50 for both. Call Pam at 662-3435 or Carole at 475-0942.

"Wisdom is of ten times nearer when we stoop then when we soar."

- William Wordsworth

One-Day Non-Residential Insight Meditation Retreat for Experienced Students with Barbara Brodsky of Deep Spring Center • Jan. 16, 9:00–5:00 • For explanation of insight or vipassana meditation, see above description. Three times a year, Deep Spring holds a day of meditation for students who have had adequate instruction and practice to benefit by a day of silent meditation with no instruction. Barbara is available through the day for private meetings and there is one optional discussion period. This day is open only to those who have taken a prior introduction or beyond, attended a vipassana retreat or have equivalent experience in meditation. \$15. Call Anna at 451-1889.

Residential Meditation Retreat with Barbara Brodsky of Deep Spring Center • Feb. 26 in the evening through Feb. 28 in the afternoon • The two foundations of the weekend are insight meditation and deepening awareness of innate perfection. The meditations derive from Buddhist Theravadin and Dzogchen traditions but no special religious beliefs are necessary to their practice. We'll be alternating sitting and walking meditation. Mindfulness throughout the 24 hours will be a focus. Although the retreat will be held in silence, there will be clear instructions for beginning and advanced meditators, evening talks and optional discussion periods with the teachers. We will also deeply touch our heart's center with chanting drawn from several traditions and meditations based on non-dual awareness. \$170 covers room and board; \$35 extra for Monday; \$25 discount if registered early. Call Hal at 971-3455.

Open Sitting with Barbara Brodsky and other teachers of Deep Spring Center • First and Third Monday evenings • For explanation of insight or vipassana meditation, see above description. Each evening begins with an optional pot luck at 6:30, instruction at 7:00, sitting at 7:30, followed by talk and discussion, Sufi dancing, chanting or other activity. \$1.50 plus an optional donation. Call 971-3455.

Meditation with Ema Stefanova • Sundays, 3:30 p.m. • Beginner to intermediate level meditation class focusing on simple relaxation, concentration and meditation techniques applicable to everyday life. For cost, call 665-7801; emastefanova@compuserve.com.

Awaken Your Light Body with Sandra Shears • First Friday of each month, 7:00–9:00 p.m. • Through a meditative program, the flow of divine energy transmitted to the earthplane at any given moment is facilitated creating light body activation, soul connection and soul infusion as one becomes a source of light, here and now. \$25. Call 484-4840.

Vipassana Retreat with Marcia Rose of Upland Hills Ecological Awareness Center • Apr. 9, 7:00 p.m. through Apr. 11, 4:00 p.m. • An opportunity for retreat and insight meditation. For cost, call 248-693-1021, uheac@igc.org.

Men's Work

Men's Issues Therapy Group with Cam Vozar • Mondays beginning Jan. 11, 7:00–8:30 p.m. • An ongoing therapy group supporting men to change their lifestyles and relationships. \$35 per session. Call 747-9073.

Midwifery

Birth Basics with Patty Brennan • Mondays and Wednesdays, Feb. 1–10, 1:00–4:00 p.m. • This class serves as an introduction for aspiring midwives and doulas who are new to the subject of pregnancy and birth. We will cover anatomy and physiology of normal pregnancy, labor and birth. Obstetrical approaches and the concept of informed consent will be presented, including an in-depth discussion of prenatal, birth and neonatal technology, drugs and medical protocols. \$120. Call 663-1523; gbrennan@umich.edu or www.salineguide.com/hmi.

Holistic Therapies in Midwifery Practice: An Introduction to Healing Modalities with Pat Kramer and Patty Brennan • Fridays, Jan. 15–29, 1:00–4:00 p.m. • Homeopathy, herbs, essential oils, flower essence, yoga and cranial/sacral techniques are presented as a means of enhancing health and correcting imbalances. We will explore the theory underlying each healing modality, describe how it is used and address issues of safety for use with pregnant and lactating women and their babies. \$110. Call 663-1523; gbrennan@umich.edu or www.salineguide.com/hmi.

Photography by Linda Lawson



Artist, dancer, and singer Jesse Richards (pictured above) is the Artistic Director of Hundredth Monkey, a performing arts ensemble. She also teaches Earth Dance classes and singing classes.



The Crazy Wisdom Calendar

Midwifery (continued)

The Art of Midwifery with Pat Kramer and Patty Brennan • Fridays, Feb. 26–May 14, 1:00–4:00 p.m. • Two experienced midwives share their art. Emphasis is placed on preventing complications and the appropriate use of natural therapies. Class covers the full scope of midwifery care, from the initial client interview, through prenatal care, preparation for homebirth, labor support, second and third stage and postpartum care for both mom and baby. \$440 or \$395 if prepaid. Call 663-1523; gbrennan@umich.edu or www.salineguide.com/hmi.

Holistic Postpartum Care: Breastfeeding Moms and Infant Concerns with Pat Kramer and Patty Brennan • Fridays, April 16–May 7, 1:00–4:00 p.m. • Join The Art of Midwifery Series for four classes on postpartum. How can you promote health and normalcy in the postpartum recovery phase and the breastfeeding relationship? What are some common concerns and holistic solutions? Breastfeeding counselors and expectant moms welcome. \$150. Call 663-1523; gbrennan@umich.edu or www.salineguide.com/hmi.

The Millennium

Gathering Wisdom for the Turning of the Millennium through the Weber Center • Jan. 12, Feb. 9, Mar. 9, Apr. 13, May 11 and June 8, 7:00–8:00 p.m. • The arrival of the millennium is a time when life makes itself available with unusual abundance and clarity. As we approach the new century, the image of sacred threshold seems to beckon us to break through to new life and possibilities. We will gather to reflect, pray and craft a spiritual vision worthy of who we are and whom we are called to be. Cost is free. Call 517-266-4000; fax 517-266-4400; Webercentr@aol.com or http://www.op.org/adrian/weber.htm.

Planning for the New Millenium: A Series of Dialogues on the Year 2000 with Lois Robbins through Upland Hills Ecological Awareness Center • Beginning Winter 1999 • A series of dialogues for those interested in developing scenarios to deal with community sustainability concerns as the calendar clicks from "99" to "00". For dates, times and cost, call 248-693-1021, uheac@igc.org.

"The true meaning of life is to plant trees,
under whose shade you do not expect to sit."
- Nelson Henderson

Mothers & Daughters

Mothers and Daughters: Believing Mirrors with Jill Blixt • Mar. 6, 10:00–4:00 • There is so much mothers and their daughters can offer each other. But too often they get caught up in negative self-talk and beliefs that they are never enough. This workshop is designed to help them open communication, see each other with new eyes and become powerful believing mirrors. Come play together for an afternoon by making maps, dream books and creating positively me dolls. \$40 per person or \$65 per mother/daughter pair. Call 662-0282.

Making Peace with Our Mothers with Lynn Sipher of Soundings: Center for Women • Six Thursdays beginning in January, 6:30–8:00 p.m. • Explore issues many adult daughters have in common: seeking mother's approval, difficulty being honest and the inability to set limits to hearing her voice. Reach a greater sense of peace with our mothers and ourselves. Open to women over thirty whose mothers are still living. Cost is sliding scale. Call 973-7723.

Bless Those Girls: A Workshop for Womyn and Their Girls with ShuNahSii Rose • Jan. 23, 1:00–5:00 p.m. • The need for families and communities to pay more attention to girls as they cross the threshold into young adulthood is becoming glaringly obvious nationwide. Revolution begins with self-respect and this is the critical commodity we need to help our girls hold onto as they grow into our future leaders. This afternoon gathering will bring girls and womyn together to share stories, songs and hands-on projects that open hearts and minds to the limitless possibilities of our girls and their dreams. \$30 for each woman (mom, mentor, aunt, etc.) and girl team. Call 761-9148.

Movement & Dance

The Dance of Healing with Sheila Layla Ritter • Wednesdays evenings, Jan. 20–Feb. 24 • When we listen to and trust our bodies, they will move in ways that bring serenity, peace and healing. No dance experience is necessary for this exploration of our deep inner wisdom through movement. \$50. Call 973-0684; layla@m-net.arboret.org.

Ann Arbor Authentic Movement Group • Meets bi-weekly • We are a self-facilitated group. Authentic movement is a profoundly simple process of self-directed movement. By following the body's impulses to move or be still, movement becomes spiritual practice, creative resource and psychological narrative. We invite those who wish to cultivate an intimate knowledge of their embodied selves to explore this process with us. Nominal fee to rent space. Call Robin Graubarth at 665-2345 or Peter Norlin at 878-2900; redrobinah@aol.com or pfnorlin@worldnet.att.net.

Dances of Universal Peace with Majid Simonds and Siddiq and Majida Middlebrooks • First and Third Fridays of each month, 7:00–9:00 p.m. • This is a group experience that seeks to open the heart to peace and unity through the use of dance, music and sacred phrases from the world's spiritual traditions. Everything is taught. No experience or partner needed. \$5. Call Majid at 517-381-0126 or Siddiq at 996-1332.

Juggling Arts with Josh Casey • Wednesdays, Feb. 3–25, 6:30–8:00 p.m. • Learn the arts of object manipulation, including juggling, diabolo (an ancient Chinese toy), balancing, rolla bolla and yo-yo's. Makes a great study break and stress reducer, and the set of juggling balls is yours to keep. \$45. Call Leslie Davis of Pierpont Commons at 647-6838; serapion@umich.edu.

Life Dance I and II with Suzanne Willets Brooks • Session I: Twelve weeks beginning Jan. 5; Session II: Twelve weeks beginning Jan. 7; 6:00–7:30 p.m. • Life Dance is a class for individuals who wish to find and explore self expression through movement. It integrates African based movement with modern dance and yoga, and emphasizes deep experience on a personal level. \$120. Call 482-2607; brooksjer@provide.net.

Moving From the Inside Out with Suzanne Willets Brooks • Twelve Mondays beginning Jan. 6, 7:00–8:30 p.m. • Our bodies communicate our inner truth, but do we listen? We will explore our breath, underlying patterns and personal/physical belief systems. As tools, we will use yoga, self massage and somatics. As our personal uniqueness is revealed, there is profound relaxation. \$60–\$100. Call 482-2607; brooksjer@provide.net.

Earth Dance with Jesse Richards • Advanced Beginners: Tuesdays beginning Jan. 12, 7:30–8:45 p.m.; Intermediate: Wednesdays beginning Jan. 13, 6:45–8:00 p.m. • Earth Dance combines many styles including jazz, African, modern and martial arts. It is an energetic, rhythmic, fun form of dance. It reminds us we are part of nature, and that dance is a way of life – a part of our spirituality, sexuality, work, politics, health. To bring a greater richness to our dance experience, we also include some chanting and song. Advanced Beginners must have an initial level of dance experience; Intermediate must have a moderate level of dance experience. \$54. Call 995-2972.

Introduction to Modern Dance with Amanda Stanger Read through Dance Gallery Studio • Wednesdays, Jan. 11–Apr. 24, 6:30–8:00 p.m. • Enjoy the vibrancy and freedom of modern dance in this introductory class. Alignment, flexibility, rhythmic clarity and ease of motion are key areas of this class. \$119. Call 747-8885.

Music & Sound

Jazz Mass with Rev. Matthew Lawrence and Prof. Stephen Rush at Canterbury House • Sundays, Jan. 10–Apr. 18, 5:00 p.m. • Experimental Episcopal worship with live jazz quartet, featuring the music of Sun Ra, Coltrane and Miles Davis along with chanting, silence and gospel hymns. Alternative language eucharist included. Open to all. Cost is free. Call 665-0606; revml@umich.edu.

A Sacred Concert: Setting the Soul Free to Soar with the Ann Arbor Grail Singers, Conducted by Lynn Malley • Mar. 27, 7:00–9:00 p.m. • A program of Gregorian chant and polyphony from the medieval and early renaissance periods. This program draws from the treasury of some of the most beautiful choral music ever written. Performed in the cathedral-like acoustical ambience of Holy Rosary Chapel, this experience will prepare your heart and soul for the spring equinox and the sacredness of the Easter holy days. \$10. Call the Weber Center at 517-266-4000; fax 517-266-4004; Webercentr@aol.com or http://www.op.org/adrian/weber.htm.

Songs for the Spirit Performance followed by Rhythm Circle with Judy Piazza and Friends through Upland Hills Ecological Awareness Center • Jan. 23, 7:30 p.m. • Performance integrating vocals, guitar, percussion and native flute. Soulful songs communicating gentle and powerful messages about relationships to self, each other and to our Earth. \$10–\$15 suggested donation. Call 248-693-1021, uheac@igc.org.

Resonant Voice: The Healing Power of Tone and Chant with Judy Piazza through Upland Hills Ecological Awareness Center • Jan. 23, 10:00–3:00 • Explore the sonic range and power of your own voice. Experience the power of the seven sacred vowels and learn harmonic overtone singing; create song and soundscapes with others. \$45. Call 248-693-1021, uheac@igc.org.

Rhythm and Song Circles with Judy Piazza through Upland Hills Ecological Awareness Center • Sundays, 10:30 a.m.–Noon • Come together with others to explore sound and rhythm in many dimensions. Learn hand drum techniques and rhythms, learn to be spontaneous and creative with group support. \$10–\$15 per class. Call 248-693-1021, uheac@igc.org.

Frame Drum Circle with Judy Piazza through Upland Hills Ecological Awareness Center • Tuesdays, 7:00–8:30 p.m. • Learn frame drum techniques while integrating the power of pulse, language and rhythmic movement. \$10–\$15 per class. Call 248-693-1021, uheac@igc.org.

Native American

World Views and Spiritualities Among the Navajo and Hopi Peoples with Barbara Wall through the Weber Center • Apr. 16 at 7:30 p.m. through Apr. 18 at 1:00 p.m. • This workshop provides an opportunity to begin an understanding of the origin myths, philosophical and religious views on nature and the environment, ethical values, views on God and the sacred, ritual and ceremony in the traditions of the Navajo and Hopi peoples. \$110. Call the Weber Center at 517-266-4000; fax 517-266-4004; Webercentr@aol.com or http://www.op.org/adrian/weber.htm.

Photo by Linda Lawton



Judith Banker is the director of the Center for Eating Disorders and she leads programs on "Women, Food and Body Image."

Natural History

Watersheds! Family Fun Night with Global Rivers Environmental Education Network through the Exhibit Museum of Natural History • Jan. 29, 7:00-9:00 p.m. • Families enjoy an evening of learning and fun together at the Museum during our Family Fun Nights on a variety of topics. What are watersheds, why do they matter and what can we do to protect them? \$5 for adults; \$3 for children ages 6-12; children under 6 are free. Call 764-0478; aharris@umich.edu.

Second Annual ID Day offered by the Exhibit Museum of Natural History • Mar. 21, 1:00-3:00 p.m. • Various experts on paleontology, geology, anthropology, herpetology, etc. will be available to help you identify your treasures and found objects - fossils, arrowheads, skulls, etc. No appraisals will be conducted. Cost is free. Call 764-0478; aharris@umich.edu.

Nutrition & Food

Managing Eating Disorders: A Workshop for Professionals with Joan Ebbitt • Mar. 12, 9:00-4:00 • See description under Professional Enrichment.

Women, Food and Body Image: A Case Consultation Group for Professionals with Judith Banker • Second Tuesday of each month beginning Jan. 12, 9:00-10:00 a.m. • This is a monthly, ongoing, drop-in case consultation and training group for health care professionals who wish to gain further expertise or support in working with individuals with anorexia, bulimia, binge eating disorder, body image disturbance or overweight. \$25 per session. Call 668-8448; banker@umich.edu.

Why Do We Eat Too Much? A Workshop on Why We Overeat and How to Stop with Judith Banker, Amy Pershing and Kathryn Linderman sponsored by the Center for Eating Disorders and the Therapy Center of Ann Arbor • Jan. 23, 10:00-Noon • A workshop to help participants learn how emotions lead to overeating, how dieting can create unhealthy eating patterns and cause weight gain, how allowing yourself the foods you love can help you lose weight and how to become more active without torturing yourself. \$25. Call 668-8585.

Loving Our Bodies and Our Relationship with Food with Susanna Hanrath and Mary Ellen Cullen • Jan. 21, 6:30 p.m. and ongoing weekly • We will discover that, through persistent self love, we can become spiritually whole. No longer held down by body hatred or compulsive eating, we will love, more and more, who we are exactly how we are. Free introductory session; \$40 per week for ongoing sessions. Call 662-9751.

Healing Nutrition Support Group with Judy Stone of Healing Nutrition • Mondays, Mar. 8-Apr. 19, 7:15-9:15 p.m. • Whether you're challenged by depression, fatigue, hypertension, food addictions, hypoglycemia, excess weight or simply the desire to insure you feel the best you can, this group will offer everything but the cook to help you. You will get all the information, motivation, tools and support you need to work healthy nutrition into your life. Good food and good health come from being able to combine knowledge with experiencing how your body and emotions respond positively to changes in diet. This eight-week group is a commitment of your time and energy that will serve you a lifetime. \$200. Call 994-5549.

Make It Healthy, Make It Fast with Judy Stone of Healing Nutrition • Feb. 8 and 15 or Apr. 13 and 20, 7:00-9:00 p.m. • Learn how to prepare high energy, nutritious food suited to your body type and energy needs. Best of all, learn a systematic approach to meal preparation that will allow you to make it healthy and fast. This is a very practical, motivating class and will include getting the right attitude, stocking the healthy kitchen, developing your personal profile, your healthy kitchen in action and meals to go. Half presentation, half in kitchen. Ideal for busy parents and other working people, singles, athletes and anyone interested in health. \$50. Call 944-5549.

Fat Burning Nutrition with Judy Stone of Healing Nutrition • Jan. 19, 26 and Feb. 2, 7:15-8:45 p.m. • The body's preferred fuel is fat, but Americans eat too many and the wrong kinds of carbohydrates for the body to be in fat burning mode. This leads to body fat accumulation and a dependence on exercise to control weight. And our zealotry for low fat severely deprives the body of essential nutrients for optimal health. Learn how to change your nutritional lifestyle to eliminate food cravings, blood sugar highs and lows, weight gain, fatigue and constant hunger. This series will help you create and implement a personalized nutritional strategy for boosting your metabolism, increasing energy and mental focus, preventing cancer and heart disease, losing excess body fat and really enjoying eating. The first class is devoted to eating to eliminate weight gain, fatigue, depression and heart disease. The second class is to develop a personal nutrition profile. The third class is learning to cook for fat burning nutrition. Each class is a separate unit, but taking all three is encouraged. \$18 per class or \$45 for the series. Call 994-5549.

Paganism

Paganism 101 with John Morris and Misti Anslin Tucker • A series of classes on the basics of paganism and "hearth witchery". Aimed at the beginning student interested in exploring the meaning of paganism in their lives, particularly those who are not attached to a specific tradition. Call John Morris at 665-3522.

Personal Growth

Seminar with Jean Houston through the Church of Today • Saturday, Feb. 27. Services with Marianne Williamson, Feb. 28 at 9:00 and 11:30 • Call M. DuBuque at 810-758-3050.

Unmask Your Potential: A Journey of Personal Transformation with Suzanne Eastman and Trish Schumacher • Mar. 5-7 • Explore pathways to facilitate the changes needed in your life to manifest your dreams. We will incorporate meditation, visualization, art, music and sound into the creation of a mask. The mask will be a physical representation of your face made from a cast and a symbolic representation of your dreams as you layer and decorate it. \$195 with meals, materials and sleeping arrangements included. Call 973-0299; suzanne@home.msen.com.

NLP: Facilitating Growth and Change by Art Giser through Practical Psychic Center of Ann Arbor • Jan. 9-10, 10:00-6:00 • An unusual opportunity to integrate Neuro-Linguistic Programming and various types of energy work. Learn and develop skills to use in working with others and for yourself. For cost, call 480-7796.

Embracing the Power of Creation: A Twelve-Week Series in Consciously Creating Your Reality with Lisa Wolf • Date and time to be announced • Our goals, be they material goods or states of being, are often hindered by our unconscious beliefs, attitudes and feelings. When we face our true desires and how we prevent their fulfillment, deep wounds are healed and miracles of manifestation can occur. Participants will systematically explore the process of conscious creation. They will also deepen their understanding of the emotions, attitudes and beliefs that shape the creative process, either by blocking or actualizing goal fulfillment. Psychotherapeutic approaches, spiritual practice (meditation, visualization), discussion, emotional release work, art and experiential exercises will be used. Group limited to six people. \$600 for twelve weeks. Call 313-930-0864.

Step Into the Future Seminars with Jim Stitley • Ongoing • Change your life forever. Turn your passions into productive self employment. This enlightening, empowering and interactive seminar series will help you do just that. The world is rapidly changing in how we all live, learn and work in the future. Corporate downsizings continue while home based businesses become the fastest growing segment of the U.S. economy. We will discuss these changes and your personal options. For all those who have lost their jobs, think they may lose their jobs or wish they would. Share ideas, develop a new vision and create your own future. \$40. For dates and times, call 517-265-3410; jim@job4u.com or www.angelfire.com/mi/TechnoVation/sitf.

Creating a Positive Future with Jane Bagchi and Jill Blixt • Jan. 10, Feb. 21 or Mar. 14 • Create a positive future rather than just dream about one. Work with two personal life coaches who will show you ways to craft the life you want. Come away with renewed optimism and momentum for manifesting your heart's desire. \$95 includes light lunch. Call Jane at 995-9122 or Jill at 662-0282.

Metamorphosis Workshop Part I: Egg Consciousness - The Art of Eggs-periencing and Eggs-pressing Your Uniqueness with Antoinette Thoin • Mar. 6, 10:00-1:00 • Come play at enriching your life. Through the use of imagery, imagination and simple activities, encourage your Self to come forth. In relaxed ways, eggs-plore eggs-expression. \$35. Call 623-0121.

Metamorphosis Workshop Part II: Caterpillaring - Exploring Choices and Choosing with Antoinette Thoin • Mar. 13, 10:00-1:00 • Come play with choices and the art of choosing, like a caterpillar, intuitively aware of what it is nurturing. Explore ways of seeing life as a process of change and growth, even when you feel a bit furry and vulnerable. \$35. Call 623-0121.

The Crazy Wisdom Calendar

Personal Growth (continued)

Metamorphosis Workshop Part III: Cocooning – The Art of Being Wrapped Up in Yourself in Life Positive Ways with Antoinette Thoin • Mar. 20, 10:00–1:00 • Look into life-generating power: the cocoon state. Uncover ways of using your time alone, your transitional times, periods of silence and rest as gestation periods. Experience the joy of relating from your center, going inward and making space for presence (presents) in your life. \$35. Call 623-0121.

Metamorphosis Workshop Part IV: Butterflying – Delighting in the Present Moment with Antoinette Thoin • Mar. 27, 10:00–1:00 • Add to your collection of simple ways of moving through life with color and grace. In butterflying, using simple activities, explore butterfly essence and butterfly living: the natural art of alighting on the present moment, savoring its sweetness, knowing the happiness of living life a flower at a time. \$35. Call 623-0121.

“A loving person lives in a loving world. A hostile person lives in a hostile world. Everyone you meet is your mirror.”

- Ken Keyes, Jr.

Healing the Inner Child with Mary Beth Rossiter • Jan. 11 and 18, 7:00–10:00 p.m. • The purpose of this class is to recognize the emotions and programs from childhood that need to be healed/transformed to get cooperation from that part of you that is the inner child. \$25 per class or \$20 per class if prepaid. Call 913-6095.

Forgiveness: To Give Love as Before with Mary Beth Rossiter • Jan. 25, 7:00–10:00 p.m. • Forgiveness benefits you. It opens your heart to love by letting go of hurt in the past. \$25 or \$20 if prepaid. Call 913-6095.

Boundaries with Difficult People with Mary Beth Rossiter • Feb. 1, 7:00–10:00 p.m. • The purpose of this class is to establish boundaries with people that are most difficult; people who have harmed or controlled you in past lives and to release vows made in past lives that prevent appropriate boundaries. Prerequisite: one previous boundary or forgiveness class. \$25 or \$20 if prepaid. Call 913-6095.

Professional Enrichment

Iridology and Herbology for Registered Nurses with Cindy Klement • Mar. 12, 6:00–9:00; Mar. 13, 9:00–5:00; and Mar. 14, 9:00–5:00 • This continuing education workshop is designed for registered nurses who work with patients and clients who use complementary and alternative therapies. Examine the scientific base of Iridology and select alternative therapies with a focus on herbal remedies for health promotion. The participant will experience a simulated consultation with an Iridologist including iris photos for self analysis. 20.6 contact hours. \$350. Call 975-2444.

Managing Eating Disorders: A Workshop for Professionals with Joan Ebbitt through the Weber Center • Mar. 12, 8:30–4:00 • Living with and managing an eating disorder is a chronic and often painful problem. Managing an eating disorder calls for attention to physical, emotional and spiritual well-being. This workshop will define and examine the pattern of “spinning thinking” and demonstrate the effects of eating disorders on family and workplace. \$65 includes lunch, programs materials and CEU's from Siena Heights. Call 517-266-4000; fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrian/weber.htm>.

First Friday: A Women Therapists Group with Sandi Cooper of Soundings: A Center for Women • Feb. 5, Mar. 5, Apr. 2, 2:30–4:30 p.m. • Working in the field of mental health can be very challenging. Come together once a month in a safe and supportive place for conversation, peer support, case conferencing and networking, including job information. Cost is free. Call 973-7723.

Reiki

Healing Night through the Lighthouse Center • Third Wednesday each month, 7:00–9:30 p.m. • Hands-on Reiki healing open to the public. Cost is free. Call Prachi at 449-4381.

First Level Reiki with Ray O. Golden • Jan. 24, Mar. 6 or Apr. 25 • Reiki is a powerful, natural, non-invasive, easy-to-learn healing technique. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, causal and spiritual. The student receives all the traditional attunements to the Reiki energy and learns to facilitate other's healing as well as self healing techniques. Class sizes are limited to allow for individual attention and attunements. \$125 includes manual and certificate or \$95 if prepaid. Call 663-6075.

Second Level Reiki with Ray O. Golden • Mar. 20, 6:00–10:00 p.m. and Mar. 21, 10:00–4:00 • Traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and powerful distance healing techniques. \$225 or \$180 if pre-paid. Call 663-6075.

Advanced Reiki with Ray O. Golden • Jan. 17 or Mar. 27 • This class introduces new original material and techniques and a new symbol for Love and Compassion. Prerequisite: Reiki Level Two from a traditionally trained Reiki Master. For times and cost, call 663-6075.

Free Reiki Introduction and Healing Night with Ray O. Golden • Jan. 7, Feb. 4, Mar. 4 and Apr. 1, 7:00–9:00 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Cost is free. Call 663-6075.

Reiki for Animals with Ray O. Golden • Mar. 6–7 or April 25 and 28 • This class is oriented toward working with animals. The first day is the traditional Reiki One class which can be waived if you have had Reiki from a traditionally trained Reiki Master. The second day is focused on using Reiki with animals. Only people are to attend class. For times and cost, call 663-6075.

Children's Reiki with Ray O. Golden • Jan. 23 or Apr. 24 • For complete description, see listing under Children & Young Adults.

Reiki Practitioner Certification Level I and II with Kim and Steven Falcone • Jan. 17 or Mar. 14, 9:00–5:30 • Reiki is an ancient healing touch system in which an initiated practitioner channels healing energy through the laying on of hands. You will learn the history of Reiki, the Reiki ideals, the chakra system, hand positions for self-healing and others, the sacred Reiki symbols, group and distant healing and more. Includes manual, 1st and 2nd degree attunements, a certificate and lunch. \$175. Call 449-8111 or 800-311-9914.

Reiki III Master Certification with Steven Falcone • Feb. 7 or Apr. 18, 10:00–3:00 • This class trains an individual in the process of teaching Reiki and initiating Reiki practitioners. You will learn a review of Levels I and II, the Usui master symbol, body positions to increase energy, traditional and alternate methods of passing attunements, suggested course outlines for teaching Reiki, a complete course manual, master attunement, a Reiki Master certificate and lunch. \$350. Call 449-8111 or 800-311-9914.

Curious about Reiki? Free Introductory Talk with Suzy Wienckowski • Feb. 10, 7:00–8:30 • In the ancient, hands-on healing art of the Usui system of Reiki healing, the Universal life force is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Free mini treatments will be offered for those wishing to stay after the talk. Cost is free. Call 668-8071.

First Degree Reiki Class with Suzy Wienckowski • Jan. 15–17 or Mar. 5–7; Friday, 7:00–9:30 p.m., Saturday, 9:30–3:00, Sunday 9:30–Noon • Reiki is an ancient, gentle, hands-on healing art. Reiki is easily learned by all and after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain and restores balance and harmony on all levels: body, mind, spirit. This class includes the history of Reiki, hands-on treatment form for yourself and others and four individual initiations. Certificate awarded. \$150. Call 668-8071.

Second Degree Reiki Class with Suzy Wienckowski • Feb. 5, 7:00–9:00 p.m. and Feb. 6, 10:00–4:00 • Second level of training includes the use of three sacred Reiki symbols, which focus and intensify Reiki energy, enabling the practitioner to heal on a deeper level and to send Reiki at a distance. Certificate awarded. \$500. Call 668-8071.

Sexuality

Preorgasmic Women: Reclaiming Sex with Laurie Krauth • Eight-week group beginning in Jan. • Develop skills to expand your joy in sex and develop paths for experiencing orgasms. Small, supportive group for women to address sexual concerns. \$25 per session. Call 313-210-4420; lkrauth@compuserve.com.

Shamanism

Shamanic Journey with John Morris • Wednesdays, 7:30 p.m. • To the accompaniment of the shaman's drum, we travel in a mild trance state to other realms for healing, divination, personal insight. We use *Ecstatic Body Postures* by Belinda Gore as a guide. Newcomers welcome. Cost is free. Call 665-3522; psmorris@umich.edu.

Singing & Songwriting

Songwriting: A Path to Self-Expression, Discovery and Healing with Laura Massaro • Eight Tuesdays or Thursdays beginning in Jan. • For musicians, non-musicians, writers of all kinds. For anyone who would like to learn how to use words, poetry and music to communicate feelings, access their inner voice and have fun in a supportive environment. \$20–\$25 per session. Call 971-6627.

Voices for the World Singing Class with Jesse Richards • Beginners: Thursdays, 5:30–7:00 p.m.; Continuing Level: Saturdays, 10:30–Noon • This class combines the teaching of solid vocal technique, group sharing and a supportive space to perform. We also explore voice as a means to personal and planetary healing. Classes are six weeks long. Beginners is open to all singers who have not previously trained with Jesse. \$90. Call 995-2972.

Spiritual Development

Spiritual Consciousness Healing with Jonathan Ellis • Mar. 5, 7:30 p.m. • This free presentation is for people who would like to learn how to become a spiritual consciousness healer as well as for people who are in need of such healing for themselves. Jonathan Ellis has been trained to enter a state of consciousness where there is no separation between the healer, the person seeking healing and the source of healing. This form of spiritual healing does not involve the use of hands or any exchange of energy. Spiritual consciousness healers are able to hold simultaneously a very deep intention for the well-being of another person and no attachment to a specific result. This evening program will include a conceptual overview and practical application. Cost is free. Call 668-6672.

An Intimate Gathering for Prayer with Barbara Boyk • Twice monthly • These gatherings provide a time for prayer in the form of chanting, silent meditation and gentle guided movement. Practices drawn from healing techniques as well as teachings from spiritual and personal growth paradigms are offered to deepen personal connection in prayer. \$54-\$108 for the series. Call 994-4006.

Wednesday Evening Prayer with Visitation: Center for Prayer and Spirituality Staff • Wednesdays, 7:30 p.m. • Awareness of our interconnectedness to the earth and to all people shapes the framework of our prayer. Everyone is welcome to be a part of this praying community. The evenings focus on a rotation of themes: healing, praise (Taize Vespers), attentive listening, thanksgiving (Eucharistic liturgy) and global consciousness. For cost, call 734-242-5520, visitation@teleweb.net.

Healing Our Image of God with Dennis Linn and Sheila Fabricant Linn sponsored by Visitation: Center for Prayer and Spirituality • Mar. 6, 9:00-4:00 • The day will explore the difference between healthy and unhealthy images of God. How we image God affects how we pray and how we relate to God. We are challenged to look at our image of God and what needs to be healed in us. \$50. Call 734-242-5520, visitation@teleweb.net.

Listening to the Spirit in a Communal Setting: A Method of Discernment with Peggy Schmidt ihm sponsored by Visitation: Center for Prayer and Spirituality • Feb. 6 • This workshop explores the Quaker Clearness Committee – a communal process of discernment. The day will include an overview of the theological presuppositions, an explanation of the format and participation in the discernment process. Each participant is expected to prepare for the workshop by presenting a decision needing discernment and its surrounding story. An atmosphere of silence is essential for the process as well as confidentiality. Detailed information will be furnished to registrants. Limited number of participants. \$50. For times, call 734-242-5520, visitation@teleweb.net.

Sitting Prayer with Visitation: Center for Prayer and Spirituality • Mondays, Noon-12:30 p.m. • This time is an opportunity to connect with God as the center of one's being in a quiet environment within a community of praying people. Everyone is welcome. Presence for the full half hour is expected. Cost is free. Call 734-242-5520, visitation@teleweb.net.

Monthly Days of Sacred Space, Sacred Time with Visitation: Center for Prayer and Spirituality Staff • 9:30-2:30 • These sacred days will focus on the beatitudes as blessings, invitations and paradoxes. They continually challenge us to live more just and compassionate lives. Each day will include quiet time for prayer in the barn-chapel, optional sharing with others and a common luncheon meal. \$20 per day. Call 734-242-5520, visitation@teleweb.net.
Jan. 7 • Blessed are those who show mercy to others; they will be shown mercy.
Feb. 4 • Blessed are those whose hearts are clean; they will see God.
Mar. 4 • Blessed are those who work for peace; they will be called children of God.
May 6 • Blessed are those who are persecuted because of their struggle for justice; the kingdom of heaven is theirs.

"Sometimes I think that God in creating man somewhat overestimated his ability."

- Oscar Wilde

Heart Empowerment Class with Chetana through the Lighthouse Center • Four Mondays beginning Jan. 19, 7:30-9:30 • A four-week class focusing on empowering the heart chakra so that we can love ourselves and others more. Prerequisite: Chetana's introductory meditation lecture and at least two months of mantra meditation. \$60 pledging member; \$80 non-pledging. Call Nirmla at 663-2218.

What is Sacred Geometry and Ascension? with Lorna Brown sponsored by Essence Point • Feb. 18, 7:00-9:30 • An introduction to Sacred Geometry as it relates to the human energy field, Merkaba, Earth history and the process called ascension. \$25. Call 428-8748.

Rite of Passage: The Soul's Call at Mid-Life with Jill Blixt • Seven Monday Evenings beginning Jan. 18 • Rather than a time of crisis, mid-life can be a powerful call from our Soul to be authentic, claim our gifts and honor our dreams. Through writing, image-making and ceremony, we will retreat to weave together the threads of our personal journey, harvest the gifts from our past, create a sacred space to let go of the "if onlies..." and map our dreams for the future. Come initiate your rite of passage to this most powerful time of life. \$165. Call 662-0282.

Second Mondays: A Gift for Your Spirit with Dale Crayne of Soundings: Center for Women • Second Monday of each month, 6:00-8:00 p.m. • Life is a great teacher. Use your life experiences to grow spiritually. Through meditation and supportive group discussion, learn to listen to your own inner wisdom. Cost is free. Call 973-7723.

"Be like a very small joyous child living gloriously in the ever present Now without a single worry or concern about even the next moment of time."

- Eileen Caddy

Introduction to the Pathwork Teachings: A Lecture Study Series sponsored by the Great Lakes Pathwork • New class beginning in Jan. • This is a series of ten two-hour classes introducing some of the basic concepts expressed in the lectures. Lecture study includes the discussion and exploration of these ideas to help create and deepen personal understanding. \$275 includes all lectures and a subscription to Great Lakes Pathwork Newsletter. For dates and times, call Lisa Wolf at 930-0864.

Lecture Discussion Evenings sponsored by the Great Lakes Pathwork Inc. • Second Friday of each month, 7:00 p.m. • Informal gathering to read and discuss Pathwork lectures. These lectures contain a unique mix of psychological and spiritual concepts. Cost is free. Call Lisa Wolf at 930-0864.

When He Saw Them All Flee, the Skunk Decided He was King of Beasts: Learning to See Ourselves as We Truly are with Brenda Morgan • Feb. 5, 7:00-9:00 p.m. • We carry old and/or unclear images and doubts about who we are in our personal lives and on into the world. Brenda will share, through a variety of nonthreatening activities, dialogue and humor to relax into our own space, to cleanse what is blocking the true vision of ourselves in the world. \$35. Call Susan Fancy at 665-0536.

Games of Procrastination and How to Release Them with Brenda Morgan • Feb. 6, 9:00-4:00 • At work, within intimate relationships or at play, we experience the need to avoid someone or something to avert their loss. Procrastinations and avoidance become subconscious and automatic, sabotaging our ability to be ourselves in the simplest of moments. Brenda will share, through a variety of nonthreatening activities, dialogue and humor, ways to release these restricted and life-limiting habits. \$85. Call Susan Fancy at 665-0536.

One Woman's Journey to Inner Enlightenment with Brenda Morgan • Apr. 9, 7:00-8:45 p.m. • Brenda will share her spiritual journey that culminated in a transformation which, through the grace of God, inner enlightenment/no mind within occurred. Through the spoken word and silent meditation, she will reveal the wisdom and insights flowing from her journey. Time will be set aside for questions and answers. It is hoped this sharing will catalyze others in their own process of opening to God. \$20. Call Susan Fancy at 665-0536.

A Gathering in Spirit with Brenda Morgan • Apr. 10, 9:00-4:00 • A day-long spiritual intensive for those wishing to activate/deepen their spiritual/meditative practices and openness to God. Only a sincere interest in opening to Spirit is necessary; the particular religious structure you have chosen should not conflict with the day's activities. The exercises and meditations provide opportunities to see personal egoic strategies and resistances to God and how to return attention to the meditative/prayer process. No experience necessary. \$85. Call Susan Fancy at 665-0536.

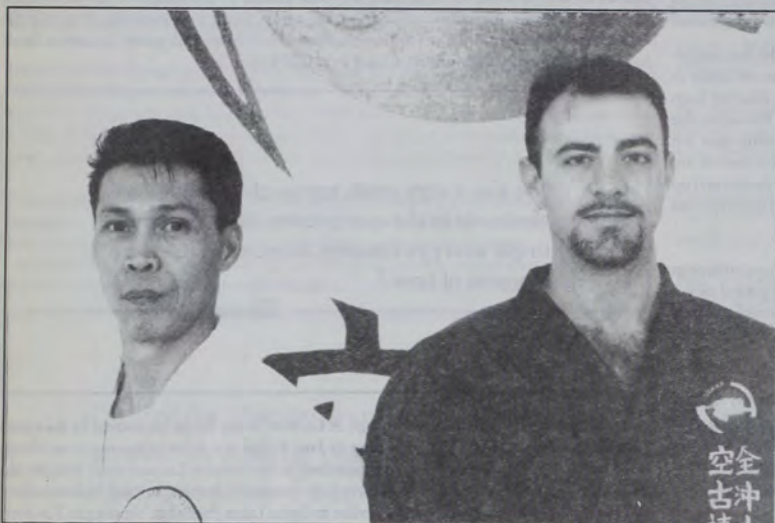
Past Life Regression and Reincarnation: Methods for Self-Exploration and Growth with Aya sponsored by Ageless Wisdom • Feb. 13, 1:00-5:00 • This course provides information and practice on various methods for past-life recall and discussions on the principles of reincarnation. Students will also have opportunities to experience guided regressions. Class topics include introduction to reincarnation and the use of guided visualization for past-life recall; dreams, meditation and self-hypnosis for past life recall; crystals, symbols and sacred objects as doors to self-exploration; and using the past to heal the present and create the future. Bring a blanket and pillow. \$80. Call 734-207-5310.

Field of Spirit with Sandra Shears • Second Saturday of each month • Introduction to the concepts of active meditation, intent, direct experience, energy healing, the paradox of soul, light body, self-realization, God-actualization, spiritual sexuality and multidimensionality. \$10 or free to first-timers. For times, call 484-4840.

Alchemy of Humor Workshop with Steve Bhaerman, a.k.a. Swami Beyondananda • Mar. 20, 10:00-4:00 • Laughter heals! Explore the magic of humor and how it can be used to transmute tension into release, pain into insight, rigidity into flexibility, separation into connectedness. Use the ancient art of "Fu Ling" to open hearts and minds. For cost, call Upland Hills Ecological Awareness Center at 248-693-1021, uheac@igc.org.

Duck Soup for the Soul: An Evening with Swami Beyondananda • Mar. 20, 7:30 p.m. • An evening of fun, laughter and insight with the wise and witty Swami! A special fundraising event for Upland Hills. For cost, call Upland Hills Ecological Awareness Center at 248-693-1021, uheac@igc.org.

The Crazy Wisdom Calendar



Photos by Linda Lawson

The Shorin Ryu Karate Academy and Ju-Jitsu Training Center offers classes in Karate and Ju-Jitsu. Pictured to the left are Jay Guinto and Chris Kohn of the Academy. Jay is also shown teaching younger students, and tossing student Ron Miller over his shoulder.

Stress Reduction

Mindfulness-Based Stress Reduction Program with Glenn Burdick • Begins first week in Jan. • Eight-week program based upon the work of Jon Kabat-Zinn. Mindfulness meditation-based program for learning to cope effectively with stress, pain and illness. Meets weekly for 2 1/2 hours. Must apply to be accepted into program. Sliding scale cost. Call 973-7377, ext. 103; glennburdick@compuserve.com.

Tai Chi & Martial Arts

Chinese Healing KungFu with Victor Chao through Magic Dragon Studios • Tuesdays and Thursdays, 8:00-10:00 p.m. and Sundays, 2:00-4:00 p.m. • Bagua, Xingyi, Qijong and Tuina bodywork offered. Bagua uses inner power in winding, wrapping curves of a whole body movement. Regular practice helps join body, breath and mind. \$50-\$80 per month. Call 663-8073; victorchao@juno.com.

Tai Chi Chuan Chen Style with Richard Miller of Great Lakes Wushu • Beginning class starts Jan. 4 • Complete instruction in Chen Style Tai Chi from beginning to advanced levels. Classes meet Monday, Thursday and Saturday. \$60 per month or \$50 per month for students. Call 994-5980; ribrumi@earthlink.net.

Kara-Te-Robics with Edward Jackson through Ann Arbor YMCA • Mondays, 5:30-6:30 • Aerobics based on Karate combinations which improves self-defense, including elements of yoga and tai chi. \$11 per eight-week session; \$70 for nonmembers. Call 572-7672 or the YMCA at 663-0536.

Tai Chi with Genie Britt through Jewel Heart • Sundays beginning Jan. 10, 4:00-6:00 p.m. • Tai Chi is often referred to as meditation in motion. Class is presented in the Wu family tradition. This is a beginning level class open to new and/or experienced. For cost, call 994-3387 or 994-6139.

Tai Chi Chuan with Evie Craig ihm of Visitation: Center for Prayer and Spirituality • Feb. 8-Mar. 15; Simple Form, Beginners: 7:00-8:00 p.m.; New Form, Advanced: 8:15-9:00 p.m. • An opportunity to learn the basic movements of Tai Chi Chuan, Yang form, and to learn new forms. This experience invites a person to become deeply focused in the center of one's being. The sessions are open to those with no experience and/or those who have experience. Dress comfortably. \$45. Call 734-242-5520; visitation@teleweb.net.

Shorin Ryu Karate with Christopher Khon of Shorin Ryu Karate Academy • Children's Classes (ages 6-11): Monday and Wednesday, 5:00-6:25 p.m.; Adult Classes (ages 12 and up): Monday and Wednesday, 6:30-8:30 p.m. • Traditional Okinawan Martial Art better suited for self-defense than tournament style. Focus on Karate - empty hand techniques, grappling (tuite) and weaponry (kobudo). \$50 per month. Call 485-7559; shorin001@aol.com.

Shorinji Chulukua Ryu Ju-Jitsu with Jay Guinto of Shorin Ryu Karate Academy • Children's Classes (ages 6-11): Tuesday and Friday, 6:00-6:55 p.m.; Adult Classes (ages 12 and up): Tuesdays and Fridays, 8:00-9:00 p.m. • Ju-Jitsu is the basis for many modern Martial Arts including Judo, Karate and Aikido. Ju-Jitsu, called the Gentle Art, combines spiritual harmony with practical self-defense. This unique combination enhances self-awareness, self-control and self-discipline. \$50 per month. Call 485-7559; shorin001@aol.com.



Cardio Karate (Kick Box) with Jay Guinto of Shorin Ryu Karate Academy • Adult Classes (ages 16 and up): Tuesday and Friday, 7:00-8:00 p.m. • Take the music, excitement and the calorie burning energy of an aerobic workout, then combine it with self-defense techniques like punching, kicking and blocking, and you've got an action packed workout that burns calories as you learn. For men and women. \$50 per month. Call 485-7559; shorin001@aol.com.

Aikido Special Membership Class with T. Okuyama • Mondays, Tuesdays and Thursdays, 6:00-7:00 p.m. • Introduction to basic body movements of Aikido. Students progress at own rate. Open enrollment and flexible advancement into regular classes available. \$80 for two months includes uniform. Call 761-6012; www.umich.edu/~dlcitr/gla.htm or dlcitr@umich.edu.



Beginning Tai Chi Chuan with Aiji Pihlo • Date and time to be announced • Tai Chi Chuan is an internal Martial Art that focuses on using the mind to perform the movement, not brute strength. Its slow, graceful movements and relaxed breathing process can contribute to a general improvement in health by relaxing mind and body, as well as improving balance and concentration. \$40. Call Leslie Davis of Pierpont Commons Arts & Programs at 647-6838; serapion@umich.edu.

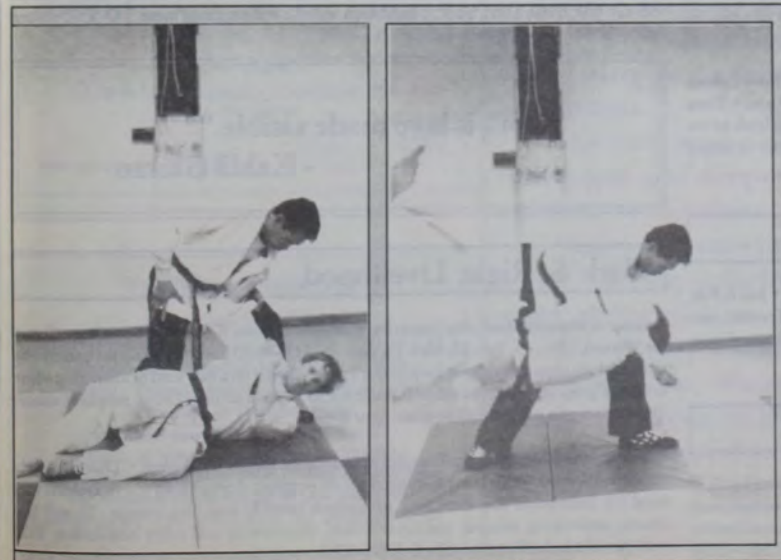
Living in Harmony: Fundamentals of Tai Chi Chuan and Chi Kung with Wasantha Young through Weber Center • Apr. 9 at 7:30 p.m. through Apr. 11 at 1:00 p.m. • You are invited to live in harmony with nature, to ward off harmful effects of stress and to restore a sense of well-being. Participants will experience Chi Kung, a type of Chinese yoga, including meditation, imaging, stretches and movements that directly affect the body's energy pathways; and Tai Chi, a type of Chinese martial art characterized by its unique slow and graceful continuous movements and breathing techniques. \$110. Call 517-766-4000; fax 517-266-4004; webercenter@aol.com or <http://www.op.org/adrian/weber.htm>.



Tai Chi Beginners Class with Wasantha Young • Thursdays, Mar. 11-May 20, 6:00-7:15 p.m.; Saturdays, Mar. 13-May 22, 11:15-12:30 • Tai Chi Chuan is an internal style of Chinese martial arts that concentrates on integrating the body, mind and spirit through the continuous flowing set of movement called the Form. Its graceful movement relaxes the body, strengthens concentration and balance and develops physical confidence and general well-being. For cost, call Peaceful Dragon School of Tai Chi Chuan at 741-0695.

Fundamentals of Tai Chi Chuan and Chi Kung with Wasantha Young • Mar 5-7 • This weekend workshop is designed for house parents, people who are curious about these arts, those who would like a simple yet integrating exercise routine and people whose schedules do not allow them to commit to longer term classes. Participants will learn the fundamental principles and techniques of both Tai Chi Chuan (modified class) and Chi Kung. For times and cost, call Peaceful Dragon School of Tai Chi Chuan at 741-0695.

Chi Kung/Wild Goose Chi Kung Form with Wasantha Young • Wed., Dec. 2-Feb. 17, 5:30-6:45 p.m.; Sat., Dec. 12-Mar. 6, 8:45-10:00 a.m. • Chi Kung is a type of Chinese yoga. It directly affects the body's physical and energy systems. Chi Kung techniques consist of stretches, imagery, reeling of silk (continuous circular movement), breathing techniques and study of the body's energy system. For cost, call Peaceful Dragon School of Tai Chi Chuan at 741-0695.



Tae Kwon Do with Tom Hart • Tuesdays, Feb. 2-Mar. 16, 7:00-9:00 p.m. • Open to all skill levels, this class will teach a comprehensive style of self-defense, building upon a solid foundation of traditional Tae Kwon Do. This style adds a variety of self-defense techniques that borrow from Aikido, Judo and police self-defense tactics. Tae Kwon Do emphasizes personal development, self-defense and harmonization of body, mind and spirit. \$40. Call Leslie Davis of Pierpont Commons Arts & Programs at 647-6838; serapion@umich.edu.

Tai Chi with Jack Wu through Dance Gallery Studio • Saturdays, Jan. 11-Apr. 24, 10:30-11:30 a.m. • This introduction to Tai Chi eases stress and promotes flexibility and well-being. \$112. Call 747-8885.

Tarot & Divination

Palmistry with Jewel Shelden • Tuesdays, Feb. 2-Mar. 16, 7:00-9:00 p.m. • Our hands reveal character traits, talents and aptitudes, inherited health tendencies and much more. Learn to interpret the lines, signs, skin types, fingerprints, etc. \$40. Call Leslie Davis of Pierpont Commons Arts & Programs at 647-6838; serapion@umich.edu.

Readings with Picture Stones with Jewel Shelden • Mar. 20, 2:30-5:00 • Learn to do readings as your ancestors did in "olden times" with natural stones. Powerful life and situation outcomes can be revealed through your natural gifts of intuition assisted by the picture stones. Since this method is easier to learn than cards or runes, you can begin immediately to do readings for yourself and friends. \$35. Call 998-0604.

Tarot and Psychic Development #1 with Mateyo Empie • Mar. 5-7 or Apr. 23-25 • Explore your psychic gifts with the Tarot and other oracles. We will cover grounding and centering; entering a card; choice, care and feeding of the deck; setting psychic boundaries; opening up your ability to find a personal set of meanings for the cards (no memorization); and more. This is a fun class with concrete results, the first in a six-month series leading to professional level expertise. The Friday session can be attended free with no obligation. \$225 with \$25 discount if prepaid. Call 663-5505; snakevillo@aol.com.

Therapy & Support Groups

A Journey through Midlife with Anita Rubin Meiller • January 12, 19, 26, and Feb 2, 7:00-9:00 p.m. • A four session group for women interested in exploring the changes and challenges of the midlife transition. The group format will be discussion and guided experiential exercises. \$25 per session. Call 663-2585.

Women Survivors of Sexual Abuse: Psychotherapy Group with Lisa Wolf • Wednesdays, 5:30-7:30 p.m. • This treatment group explores the trauma of sexual abuse and the impact of this trauma on the lives of group members. While the specific focus of this group is healing from sexual abuse, group members often deal with a variety of issues - relationship concerns, work problems, death, divorce, current and old pains, present and past anger, self confidence issues - with the intent to reclaim their lives and to experience life beyond abuse and beyond identification with abuse. Discussion, disclosure and processing of memories and/or sensations related to abuse, emotional release work and experiential exercises are some of the treatment interventions used to guide clients on their healing journey. \$35 per session. Call 930-0864.

Lesbian and Bisexual Women Coming Out Support Group with Staff of Soundings: Center for Women • Six Wednesdays beginning mid-January, 7:00-9:00 p.m. • Coming out as lesbian or bisexual is a lifelong process. Women at all stages are welcome: women coming out, women who already identify as lesbian or bisexual and women questioning their sexuality. \$120 with scholarships available. Call 973-7723.

Women and Relationships with Kristin Blackburn • Wednesdays, Jan. 13-Mar. 31, 7:00-8:30 p.m. • A twelve-week supportive therapy group for women to explore past and present relationship and emotional issues in order to develop healthier relationships with oneself and others. Group topics include intimacy, anger, communication, self-esteem and more. \$25 per session. Call 994-1531.

Women: Taking Control of Your Life with Laurie Krauth • Eight Wednesdays beginning Jan. 13 • Overcome problems with self-esteem, relationships, sex and other issues. Whether you are struggling for greater intimacy with your partner, unhappily single, experiencing sexual problems or doubting your self-worth, this group will help you explore and defeat self-sabotaging patterns and take control of your life. \$25 per session. For times, call 313-210-4420; lkrauth@compuserve.com.

Overcoming Anxiety: A Hands-On Group for People who Worry Too Much, Panic or Have Phobias with Laurie Krauth • Eight weeks beginning in Jan. • Practical behavioral and cognitive techniques to reduce and overcome panic, anxiety, excessive worrying and phobias. \$25 per session. For dates and times, call 313-210-4420; lkrauth@compuserve.com.

The Crazy Wisdom Calendar

Therapy and Support Groups (continued)

Ongoing Intimate Weekly Group Therapy for Women with Suzanne Eastman • Tuesdays, 7:00-9:30 • Two openings for women committed to authenticity, personal growth and finding meaning. Discover how to heighten your awareness and raise your life force within a nurturing and honest environment. \$24. Call 973-0299; suzanne@home.msn.com.

Divorce and Beyond Support Groups with Staff of Soundings: Center for Women • Groups offered regularly • Information and resources for coping with divorce. We offer encouragement and support to women in a safe setting. \$160 with partial scholarships available. For dates and times, call 973-7723.

"As we grow older we have more and more people to remember, people who have died before us. It is very important to remember those who have loved us and those we have loved. Remembering them means letting their spirits inspire us in our daily lives."

- Henri J.M. Nouwen

Living with Depression: Support Group for Women with Sandi Cooper of Soundings: Center for Women • Six-week groups offered regularly • Depression can make you feel helpless, hopeless and alone. Through positive reframing and peer support, learn about the symptoms, causes and treatment that may be appropriate for you. Most importantly, regain ability to heal and believe in yourself again. Sliding scale cost. For dates and times, call 973-7723.

Psychology of the Person Seminar with Kathy Blough • Six Wednesdays beginning Jan. 20, 11:30 a.m.-1:00 p.m. • This seminar is for people who wish to gain a deeper understanding of how their personality is structured, the effects of childhood on our adult feelings and behavior, understanding our relationship patterns and trouble spots and how to change current life patterns that may be inhibiting our happiness and well-being. \$40 per session. Call 327-2040 or 930-0864.

Ongoing Group Psychotherapy with Mark Blough • Saturdays, 9:30 a.m.-12:30 p.m. • This group is designed to assist members in making lifelong changes to increase joy and happiness in their lives. Any and all issues - interpersonal and intrapersonal - are addressed in a safe, nurturing environment. \$40 per session. Call 327-2040 or 930-0864.

Skills Training for Emotional Well-Being with Kathy Blough and Michele Rivette • Thursdays beginning Feb. 25, 7:00-9:00 p.m. • A program for adults who struggle with episodic depression, anxiety and irritability, problems with anger or anger expression, chaotic or intense relationships, fears of separation, low self-esteem or engage in self-defeating or self-abusive behaviors. Skills training will teach you how to live with less emotional suffering and more joy, to tolerate painful emotions and find effective solutions to problems rather than engaging in self-destructive behaviors to find and keep good relationships and to cultivate mindfulness in your daily life. This group runs for 20 weeks. \$40 per session. Call Kathy at 327-2040 or Michele at 930-2200.

Harboring Hostility: A Psychotherapy Group for People who have Difficulty with Anger with Kathy Blough and Mark Blough • Mondays beginning Jan. 18, 10:00 a.m.-Noon • This group is for people who have difficulty with anger, either holding it in, afraid to express it or continually feeling angry and/or rageful. Participants will have the opportunity to understand their feelings of anger or fear of it, learn how to process their anger, express it appropriately, learn to let go of their anger and understand the physical problems that unresolved anger has on the body. \$45 per session. Call 327-2040 or 930-0864.

Serenity Retreat for Women in Ann Arbor with Cora Tommie Dayton and Rose Celeste O'Connell through Weber Center • Feb. 19 at 7:30 p.m. through Feb. 21 at 1:00 p.m. • There is a path to freedom and serenity. Walking through the steps for discovery of self leads to our recovery. \$100. Call 517-266-4000; fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrian/weber.htm>.

Wicca

Wryd Roots of the Sacred Forest Open Coven Meeting with Hekuba and Gypsy • Jan. 6, Feb. 3, Mar. 3, Apr. 7 • Open meeting of eclectic Wiccan coven. New and experienced practitioners welcome. Rituals and activities vary. Cost is free. For times, contact coveners@hotmail.com.

Womenspirit

Springtime for Our Souls with Kathie McLaughlin through Weber Center • Mar. 12 at 7:30 p.m. through Mar. 14 at 1:00 p.m. • An early springtime for women to explore your spirituality, past, present and future. Our time together will grow through reflection, shared prayer, discussion, time alone and rest. \$110. Call 517-266-4000; fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrian/weber.htm>.

Women's Spiritual Quest: Rediscovering the Sacred and the Self with Kaye Ashe through Weber Center • Mar. 5 at 7:30 p.m. through Mar. 7 at 1:00 p.m. • Our spiritual quest as women is enriched by joining in a circle to pray, reflect, dialogue and celebrate. This weekend will provide time to let go of the tight places that restrict our mind, body and spirit; to explore our inner space and to fall into the tender arms of God's embrace. \$110. Call 517-266-4000; fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrian/weber.htm>.

Weber Center Hosts Sacred Theater: The Faces of Love: A Celebration of the Goddess of Complete Being with Peggy Nash Rubin • Feb. 26 at 7:00 p.m. through Feb. 28 at 3:00 p.m. • Peggy will guide us as we come together to celebrate the Feminine Power. We will dedicate our work to those who hold the doorway for the Goddess to emerge fully once again on this pained and needy earth. \$425 includes program, room and meals. Call Esther Kennedy at 517-266-4022; fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrian/weber.htm>; or call Judith Allen at 313-724-9990.

Healing Ourselves, Healing Our World with Sandra LaRoe • Thursdays, 10:00 a.m.-Noon • Interfaith discussion group for women focusing on current books/tapes of authors from a wide range of spirituality/healing philosophies. Upcoming titles to read/discuss: *Romancing the Shadow*, *Awakening Intuition* and *Medicinemaker*. New members welcome. \$1 donation for space. Call 995-2429.

Women's Empowerment through Spiritual Growth with Dale Crayne of Soundings: Center for Women • Six-week classes offered regularly • Empower yourself by applying spiritual principles to life's daily challenges. Join us for group discussion, meditation and self-awareness exercises in an open, supportive setting. \$60-\$120 sliding scale. For dates and times, call 973-7723.

A Family of Women with Sally Gabany through Visitation: Center for Prayer and Spirituality • Feb. 5, Mar. 5, Apr. 2, 7:00-9:00 p.m. • You are invited to gather with other women who are seeking support, enrichment and companionship for their spiritual journeys. Group experiences will include prayer, sharing and celebration of our life-stories as a way of enhancing and affirming each person's unique spiritual path. \$5-\$10 per session. Materials provided. Call 734-242-5520; visitation@teleweb.net.

Coming of Age: Adolescence as Initiation with ShuNahSii Rose • Jan. 21, 7:00-9:00 p.m. • This evening welcomes those in the role of parenting or mentoring teens and/or preteens. Storytelling, lecture and dialogue will be used to explore the theme. ShuNahSii specializes in "girls coming-of-age" but welcomes dialogue about the universal themes of all children crossing this threshold. Cost is free. Call 761-9148.

The Diana Circle Offers Political Theater with ShuNahSii Rose • Mar. 19, 8:00 p.m. • Come see what the rave is all about. The Diana Circle is a local group of girls-becoming-womyn actively committed to social change and planetary improvement. They use political theater, often in their own voices, to wake up their community to the issues they face in their daily lives. Deep, thoughtful, startling and profound, this evening performance and talk back promises to give you plenty of food for thought. \$10. Call 761-9148.

The Wheel: A Year and a Day with the Goddess with ShuNahSii Rose • Begins Feb. 1 • This extended, primarily solo study offers an in-depth relationship with the Female Divine as she changes her guise through the seasons. Ten private consultations, four seasonal packets and two retreats with other circle sisters. Preregister by Jan. 17. \$40-\$60 per month sliding scale. Call 761-9148.

Maskmaking for Womyn with Ann Williams • Jan. 19 and 26, 6:30-9:30 p.m. or Feb. 23 and Mar. 2, 6:30-9:30 p.m. • This two-day class will teach the basics of maskmaking. We will explore the mask as a vehicle for shapeshifting and creating healthy change. \$50-\$70 sliding scale cost with materials included. Call 213-1991.

More Maskmaking for Womyn with Ann Williams • Apr. 13, 20 and 27, 6:30-9:30 p.m. • This class will provide a foundation for maskmaking. In addition to creating a mask, womyn will also take home a base mask to build from and the skills to make more. \$90-\$110 sliding scale cost with materials included. Call 213-1991.

"Work is love made visible."

- Kahlil Gibran

Work & Right Livelihood

Athena: A Monthly Mentoring Group for Women with Anne Benedict of Soundings: Center for Women • Jan. 25, Feb. 25, Mar. 22, Apr. 25, 7:00-9:00 p.m. • A group for women who want to share ideas and support for building a career. Based on a new kind of mentoring where everyone gives and receives valuable feedback in a group setting. Group members choose discussion topics related to their goals. Cost is free. Call 973-7723.

Career Connection with Anne Benedict of Soundings: Center for Women • Thursdays, Feb. 11-Mar. 18, 6:00-9:00 p.m. • Considering a job or career change? Start first by creating your ideal job description and learn how to research possible matching careers. We will also discuss networking, resumes and cover letters, interviewing and salary negotiation. \$180 with partial scholarships available. Call 973-7723.

Yoga

Yoga for Kids and Parents with Ema Stefanova • Saturdays, 2:00–3:00 p.m. • For complete description, see listing under Children & Young Adults.

Yoga for Kids Ages 7–10 with Ema Stefanova • Saturdays, 3:00–4:00 p.m. • For complete description, see listing under Children & Young Adults.

Yoga for Convalescents with Ema Stefanova • Tuesdays beginning Jan. 12, 10:00 a.m. • Very easy gentle movements, simple breathing and powerful relaxation and meditation techniques will be taught in this class. People with disabilities welcome. For cost, call 665-7801; mastefanova@compuserve.com.

Yoga for Busy People with Ema Stefanova • Tuesdays, 7:15 a.m. • A short but all round course for busy people will be taught consisting of major postures, specific pranayam and relaxation techniques. Aimed at healthy individuals. For cost, call 665-7801; mastefanova@compuserve.com.

Learn How to Teach Yoga with Ema Stefanova • Ongoing • Learn the origins and principles of how simple postures, breath awareness, relaxation and meditation work; their benefits and contraindications. Then teach them to your family and friends. You will be expected to commit to a certain number of hours in class – practicing and assisting. Serious candidates only. For dates, times and cost, call 665-7801; emastefanova@compuserve.com.

Overnight Yoga and Meditation Retreats with Ema Stefanova • Offered monthly • Relax and recharge in the spirit of yoga and meditation. Learn and improve yoga and meditation techniques more in depth. Ask questions. For dates, times and cost, call 665-7801; mastefanova@compuserve.com.

Yoga: Mixed Level Class Suited for Beginners with Ema Stefanova • Sundays at 5:00 p.m., Mondays at 7:30 p.m. and Thursdays at 7:30 p.m. • Postures, breathing, relaxation and meditation is the focus of this class. Students welcome to work toward individual programs to meet their spiritual needs. For cost, call 665-7801; emastefanova@compuserve.com.

Yoga Course with Sukha Murray through Zen Buddhist Temple • Six Tuesdays beginning Jan. 12, Mar. 2 and Apr. 6, 7:30–9:00 p.m. • Traditional postures with an emphasis on breathing, awareness and relaxation. \$50 for six sessions. Call 761-6520.

Curious about Yoga? with Rebecca Staffend • Mar. 9, 7:00–9:00 p.m. • Free talk about the origins of yoga, different styles and how the practice of yoga can help to create a healthy lifestyle. Wear loose, comfortable clothing if you'd like to experiment. All welcome. Cost is free. Call Inner Balance Studio of Massage and Yoga at 657-4144.

Yoga Happy Hour with David Rosenberg • Jan. 31–Mar. 14, 4:30–6:00 p.m. • Take a study break and refresh yourself. This class teaches the Iyengar style of yoga that emphasizes alignment, strength and flexibility to perform basic yoga poses. Explore the benefits of this ancient tradition and give yourself and your studies a boost. Wear comfortable attire, shorts and T-shirt recommended. \$40. Call Leslie Davis of Pierpont Commons Arts & Programs at 647-6838; serapion@umich.edu.

Beginning Level Yoga with David Rosenberg through Ann Arbor Public Schools Community Education • Saturdays, Jan. 30–Mar. 20 and Apr. 3–May 22, 9:30–11:00 a.m. • Using beginning yoga poses and techniques, we stretch, strengthen and align body and mind. Yoga is great in helping back pain, mental stress and increasing flexibility. \$40. Call 662-6282; message4@aol.com.

Beginning Level Yoga with David Rosenberg through Ann Arbor YMCA • Thursdays, Jan. 7–Feb. 25, 4:00–5:30 p.m.; Sundays, Jan. 10–Feb. 28, 2:15–3:45 p.m.; Thursdays, Mar. 4–Apr. 22, 4:00–5:30 p.m.; Sundays, Mar. 7–Apr. 25, 2:15–3:45 p.m. • See above description. \$60. Call the YMCA at 663-0536 or 662-6282; message4@aol.com.

Intermediate Level Yoga with David Rosenberg through Ann Arbor YMCA • Sundays, Jan. 10–Feb. 28 and Mar. 7–Apr. 25, 12:30–2:00 p.m. • \$60. Call the YMCA at 663-0536 or 662-6282; message4@aol.com.

Yoga Classes with Cathy King, Martha Laatsch, Barb Linderman, Lynette Smith and Jonathan Tyman through Inward Bound Yoga Program • Five levels of Hatha yoga classes, Astanga yoga, postures to sacred music, yoga-dance and workshops. For complete brochure of classes, call Barb Linderman at 971-8562.

Astanga Yoga with Jonathan Tyman through Inward Bound Program • Saturdays, 8:15–10:00 a.m. • Ongoing drop-in class. For cost, call 996-4549.

Bhakti Yoga with Gandharuika Dasi • Wednesdays, 5:00–7:00 p.m. • Bhakti yoga focuses on the process of mantra meditation or meditation through sound vibration. *Man* means mind and *tra* means to liberate so we chant a mantra in order to elevate consciousness. We then engage in discussion over a free vegetarian dinner. Everything is free and everyone is welcome. Call 332-9620; bhakti.yoga@umich.edu.

The Great Relaxation Class for Kids with Jody Tull Tyler through Yoga Today • Thursdays, Jan. 14–Apr. 7, 4:00–5:00 p.m. • For complete description, see listing under Children & Young Adults.

The Great Relaxation Class with Jody Tull Tyler of Yoga Today • Jan. 14–Apr. 7, Tuesdays 11:30–1:00 or Thursdays, 5:30–7:00 • Each class consists of a series of stretching exercises that emphasize the breath and meditation, which are highly stress reducing. Day care provided on Tuesdays. \$99. Call 663-3798.

Iyengar Style Yoga Class with Lynnlee Sky through Dance Gallery Studio • Sundays, Jan. 11–Apr. 24, 2:00–3:30 p.m. • Relax, revitalize, stretch and strengthen with Lynnlee in this mixed-level yoga class. Intro to intermediate. \$119. Call 747-8885.



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Crazy Wisdom Bookstore is Moving to Main Street

Dear friends,

We're creating a new home for Crazy Wisdom Bookstore. During the wintertime, we'll be moving into a building we're renovating at 114 South Main Street, between Washington and Huron.

The new space is larger and will give us the opportunity to expand and deepen our book selections, as well as other sections of the store.

Yes, we're moving from N. Fourth Avenue, our beloved block, but the delightful spirit of Crazy Wisdom will move right along with us.

We're very much a store about consciousness and will continue to be. We're genuinely grateful for your support which has given us the confidence to make this move. We're also very honored to be able to serve this community.

Teachers, Lecturers



David Rosenberg teaches Iyengar Yoga, and is a massage therapist.

Academy of Astrology is a not-for-profit organization dedicated to the teaching of astrological knowledge and the promotion of astrology as a tool for personal and social growth. Founded in 1983, and based in Lansing, the Academy also offers courses in 6 Michigan cities, including Ann Arbor.

Jane Anderson is co-founder of the Ann Arbor Institute of Massage Therapy, and founder of the Ann Arbor Therapeutic Massage Clinic. Since 1984, she has had training and private practice experience in massage therapy, lymphatic drainage and craniosacral therapy. She has taught beginning anatomy and physiology workshops, as well as Sports Massage and Shiatsu workshops.

Michael Andes, MSW has been a therapist and teacher for over 25 years. He stresses the importance of the natural environment as a vehicle for healing of all kinds.

Ann Arbor Authentic Movement Group is a member facilitated group of dancers who come together to practice Authentic Movement. Authentic Movement "is a profoundly simple process of self-directed movement. By following the body's impulses to move or be still, movement becomes spiritual practice, creative resource and psychological narrative." The common roots of its members are in the study and practice of Contemplative Dance.

Ann Arbor Center for Holistic Health and Traditional Wisdom is a brand-new foundation dedicated to educational excellence through diversity. One of the goals of the Center is to provide comprehensive professional training and qualification for certification to individuals who would like to work in the emerging professions of holistic health care and bodywork.

Ann Arbor Institute of Massage Therapy's instructors are members of the American Massage Therapy Association and are certified by the National Certification Board for Therapeutic Massage and Bodywork. Their range of experience varies from 3 years to 17 years. The AAIMT facility includes classrooms, a student clinic and a retail area.

Practical Psychic Center of Ann Arbor is now led by Ray O. Golden. Golden is a Reiki Master, who has also studied Esoteric & psychic healing, nutrition, Zero Point Process Therapy, intuitive reading & channeling.

Kaye Ashe, a native of Chicago, earned a doctorate at the University of Fribourg, Switzerland. She is the author of *Today's Woman, Tomorrow's Church* and also of the recently published *The Feminization of the Church*. She entertains a lively hope that feminist thought will increasingly influence Church and society.

Astrology Study Group is an informal and friendly gathering of serious astrology students who use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology). Open to all.

Khita Austin, CMT, a Certified Rolfer, has been in private practice as a Rolfer for ten years and a bodyworker for twelve years. She is a trained practitioner in the exercise rehabilitation techniques of Joseph Pilates. Her work is also influenced by her extensive and ongoing training with an elder in the Hodeñosane medicine tradition.

Leland Austin, MA, a Certified Advanced Rolfer, has practiced Rolling in San Francisco and Ann Arbor for 14 years. He has also studied craniosacral therapy. For the last seven years his work has also been informed and influenced by five years of training in Bodydynamics, a body-oriented psychotherapy.

Aya, PhD has been a certified hypnotherapist since 1984. She is a lifelong student of metaphysics and psychology. She specializes in past-life regression, the body-mind link (visualization and healing), connecting to higher self, and guides and crystals. Her beginnings were in the Caribbean shamanic traditions.

Jane Bagchi, MSW, MBA is the former CEO of the Michigan Heart and Vascular Institute. She has a national consulting practice and works with health care systems. She has worked as a psychotherapist in private practice, a hospital administrator, a national lecturer on health care marketing and a consultant. She has co-developed a mindfulness based integrated wellness program that helps people attain new and greater levels of well being and discover their personal path. She now has a private practice as a life coach.

Peter Baker is a member of the American Massage Therapy Association and is Nationally Certified by the National Certification Board for Therapeutic Massage and Bodywork. He has been a massage practitioner for 25 years. His work includes Western medical model therapeutic approaches to dysfunction, emotional work done with adult survivors of childhood abuse, and stress relaxation massage. He also teaches how to use touch as a form of communication within the realm of intimate relationships.

Judith Banker, MA, LLP, is the founding director of the Center for Eating Disorders and the owner/director of The Therapy Center of Ann Arbor. She has over 22 years of clinical and training experience in the field of eating disorders and obesity treatment.

Anne Benedict, BA is Soundings' Program Director and Career Coach. She draws on 10 years of coaching and teaching in career development, and 25 years of active involvement with women's issues.

Rose Beres is a Reiki Master and intuitive healer. She is the owner of a business in Plymouth, Michigan, called *Ageless Wisdom*. The business' purpose is to restore physical, emotional and spiritual balance.

Steve Bhaerman aka Swami Beyondananda is an author, lecturer and workshop facilitator. His new book is *Duck Soup for the Soul*, and his column *Ask the Swami* is featured in newspapers around the country. He formerly resided in Ann Arbor.

Kristin Blackburn, MSW, is a psychotherapist who specializes in working with people regarding relationship, life transition and family-of-origin issues, including childhood abuse and neglect. She also works with individuals, couples and groups facing depression, anxiety, grief, self-esteem, anger and stress management.

Jill Blixt is a creativity coach, motivational speaker and working writer/artist. In addition to individual coaching and personal development workshops, she regularly presents creativity training sessions to the business, non-profit and educational communities. Blixt has studied with leaders in the creative and metaphysical fields including Julia Cameron, Mark Bryan, Natalie Goldberg and Lazarus.

Kathy Blough, MA, LLP has her Masters degree in Clinical and Humanistic Psychology. She works as a therapist in private practice in Ann Arbor, with 10 years experience. She has received extensive training in Transactional Analysis, Gestalt, Family Systems and Redecision Therapy. She works with individuals and leads groups, focusing on those who suffer from anxiety, depression, self-defeating and suicidal behaviors.

Mark Blough, MA, LLP is a therapist in private practice with 9 years experience. He has a Masters degree in Clinical and Humanistic Psychology, and specializes in conducting group therapy. He has had extensive training in Group and Redecision Therapy, which he received from Southeast Institute in Chapel Hill. He works with groups, couples and individuals who suffer from depression, anxiety, panic, trauma and other issues affecting personal growth.

John Bodary is a Registered Polarity Practitioner, a teacher and a psychotherapist. He currently directs the Polarity Center in Dearborn, where he teaches Dr. Stone's Polarity Therapy. He has taught Polarity for 12 years and has been in practice for 19 years. He is a former Treasurer and Board member of the American Polarity Therapy Association.

Barbara Boyk, PhD is a clinical psychologist specializing in adult emotional and spiritual development. She works with both individuals and groups to support and advance personal healing and creativity.

Patty Brennan is a midwife and health educator with 15 years of experience working with pregnant women and their families. She is co-director of The Holistic Midwifery Institute and the author of *Guide to Homeopathic Remedies for the Birth Bag and Vaccinations: Concerns and Alternatives Sourcepack*.

Barbara Brodsky is the founding teacher of Deep Spring Center, which offers non-denominational spiritual teachings and practice. She is an ordained Interfaith Minister. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. Her Buddhist training is in the Theravadin and Dzogchen traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron. She is married and the mother of three children.

Suzanne Willets Brooks blends performance, teaching and healing in her work; her intention is to help individuals find their inner truth through movement. Her background includes training in emotional/physical integrative bodywork, Reiki I and II, as well as a degree in Education from E.M.U. She is also a lifetime student of Yoga. She wants "to help reenchant our creative selves".

Clara Brower is a spiritual director who has studied spirituality and the works of Carl Jung. She has conducted numerous workshops on dreams, seasons of spirituality and the scriptures.

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, working with altered states, metaphysics and the spiritual journey since 1972. She is a Melchizedek priest, teaches workshops that emphasize transformation and integration, and maintains a private practice in hypnosis, healing and spiritual counseling.

Glenn Burdick, MA, LLP, CSW, is Director of the Institute for Psychology and Medicine, and Director of the Center for Mindful Living. He has 20 years of experience in teaching meditation, and working with individuals challenged by chronic terminal illness and chronic pain. He is also a former Ann Arbor News Health Columnist.

Josh Casey has been juggling for 10 years, and started performing 7 years ago. He has performed at schools, camps, parties and other places where jugglers were welcome. Last year, he taught Circus Arts at a school in Pasadena, California.

Kapila Castoldi, director of the Sri Chinmoy Centre of Ann Arbor, has practiced meditation under the guidance of Indian spiritual teacher Sri Chinmoy for 13 years. For the past nine years she has lectured on meditation and spiritual practice throughout the Midwest and, more recently, in Ontario.

Victoria Cendrowski, MEd, MS has degrees in Health and Physical Education, and in Exercise Physiology. She was trained by the Professional Associates in Childbirth Education. She has 25 years of teaching experience. She is married and the mother of two children.

Workshop Leaders, and the Centers

Victor Chao began his study of Bagua and Qigong during his college years in Taiwan, building on childhood martial arts and bodywork training. He has practiced standing meditation since 1985, when he joined his teacher's bagua family. Currently, he offers classes and private sessions to aspiring martial artists in his home studio.

Karma Thesgum Choling is the local center for the Karma agyu Lineage of Tibetan Buddhism. Established in 1978 by Khenpo Karthar Rinpoche, the center is one of more than 30 KTC's and study groups. The center offers weekly group practice and basic meditation instruction.

Andi Cooper, MSW, CSW is Clinical Coordinator of the Counseling Program at Soundings: A Center for Women, and is also a psychotherapist in private practice in Ann Arbor. She writes that she has "a keen interest in each individual's unique gift to grow and survive."

Evie Craig, IHM (Immaculate Heart of Mary) currently serves as Membership Coordinator for Visitation. She is an experienced campus minister and spiritual director who believes in holistic approaches that reclaim the wisdom of the body.

Jale Crayne, MA has been a teacher and consultant for 10 years. Her private practice offers spiritual guidance for all levels of personal growth. Issues related to self-esteem, life transitions and life purpose form the focus of her work.

Crazy Cloud Hermitage is a dharma center of the Jiyingma non-monastic tradition.

Nancy Crisp is a Psychic Counselor who helps others focus on their truth and recognize their options for living a more honest, authentic and enjoyable life. Nancy has devoted herself to her work as a Psychic Counselor on a full-time basis since 1988, offering both individual sessions and workshops.

Mary Ellen Cullen specializes in compulsive eating and body acceptance.

Cynthia D'Agostino is a student of metaphysics, vibrational and natural healing, and Eastern philosophies. In her 23 years of study, she has acquired certifications in Polarity Therapy and Reiki, and is a minister of the Ecumenical Church of Aquarian Wisdom. Her classes combine these disciplines with the "Ascended Masters" and "I AM" philosophies.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity.

Hava Jean Delgado founded and directed Paradigm Dance Theatre and Paradigm Center for the Arts, and now directs Project Paradigm. She has taught, choreographed and performed dance in many forms. She has a certification in Motional Processing, a therapeutic movement process.

Nancy Denenberg, MPT is a physical therapist and Certified Feldenkrais Practitioner®, with more than 10 years of experience teaching individuals to live more comfortably.

Mary Pat Dewey has her masters degree in moral theology from Catholic Theological Union.

Bill Downey and Sean Hogan-Downey are licensed marriage and family therapists in private practice in St. Clair Shores. They are happily married and best friends.

Erica Dutton, RN, MS, CS is a professional nurse and therapist with over 20 years experience as clinician, educator and therapist. She specializes in counseling people with chronic illness or disability such as arthritis, lupus, MS, Irritable Bowel Syndrome, fibromyalgia, or chronic pain. She publishes a newsletter, *Living Successfully, Your Resource on Chronic Illness*. She also has lived with chronic illness for 15 years.

Suzanne Eastman, MS, LLP, CSW conducts therapy and dream groups, does individual therapy and leads work-

shops. She chiefs quarterly Sweat Lodge ceremonies and assists people in developing their own personal rituals. She has studied shamanic healing techniques and psychodrama. Her orientation is eclectic, with Buddhist and Jungian influences.

Joan Ebbitt is in private practice in the Chicago area. She specializes in the treatment of eating disorders and other addictive illnesses.

Jonathan Ellis lived for many years in a spiritual community in Cassadaga, Florida, where he trained as an intuitive counselor and healer. As a spiritual director now based in Ann Arbor, Jonathan offers people on a spiritual path of their own choosing the opportunity to meet individually with him once a month for coaching and support.

Mateyo Empie, the Medicine Woman has "walked between the worlds for over thirty years," supplementing her experiences with extensive studies in Andean shamanism, aura reading, conscious counseling, ritual forms, divination and several energetic healing modalities. "In this world, the plant and stone people continue to be among my most important advisors."

Essence Point is a non-profit group dedicated to exploring how the New Age might blend autonomy and interdependence. Classes are offered in: psychic skills for healing and relationships; sacred geometry; healing with sound; non-linear creation; shamanism; and energy drawing. A weekly meditation is held to support inner growth, and a monthly public channeling presents new ideas and healing.

Diane Evans is a recently retired high school teacher. She has studied and taught in the areas of communications, perception, psychology, and personal/psychic/spiritual growth. After 30 years in public education, she currently does intuitive counseling and individual readings.

Kim and Steven Falcone are Reiki Master Teachers, trained under the Usui Traditional System, offering training for all levels of Reiki. They are also Certified Hypnotherapists, and Board Advisors to the International Association of Counselors and Therapists. They are the recipients of the 1995 Hypno-Innovation Award for the healing quality of their audio meditations. Kim, a Certified Myomassologist, incorporates massage, Shiatsu, Reiki and Cranio-Sacral Therapy into her work. Steven incorporates Reiki, hypnosis, Guided Imagery, Future Imaging and Inner Healing into his work.

Susan Fancy is an holistic energy practitioner. Her work includes aura and chakra mending, flower essences, crystal and color healing, past life regression, and angel communication.

Frances Farmer has been a shiatsu therapist for four years, and a bodyworker for six years. She graduated from the Ohashi Institute in New York in 1994.

Linda Diane Feldt, RPP, NCTMB, NC, is a Holistic Health Practitioner who began her study of bodywork in 1973, and Polarity Therapy in 1979. She completed a two year apprenticeship with Susan Weed in 1989 in herbs and the Wise Woman Tradition. She has studied plants and wildflowers since childhood, and herbology since 1981. She is the founder, Director and Coordinator for the Ann Arbor Center for Holistic Health and Traditional Wisdom, and currently serves as President of The American Polarity Therapy Association.

Fran Ferder, FSPA, PhD, Dmin and John Heagle, MA, JCL are co-directors of Therapy and Renewal Associates in Seattle. They lead workshops and conferences internationally, and they are the authors of *Your Sexual Self: Pathway to Authentic Intimacy*.

Bon Rose Fine is a member of the American Federation of Astrologers and the Michigan Federation of Astrology. She is the owner of The Cosmic Computer—Astrological Chart Service, and does astrological consultations.

Matthew Flickstein is the author of *Journey to the Center: A Meditation Workbook*. He is a long-time student of Bhante Gunaratana, and helped found his retreat center in West Virginia. He is the director of the Forest Way Retreat Center, outside of Charlottesville, Virginia.

Sally Gabany is an experienced spiritual director, as well as a wife, mother and grandmother. She believes that there are many pathways to spirituality and is familiar with the process of recovery and twelve-step programs. She is a staff member of Visitation.

Brownwen Gates, Ph.D., works with individuals and groups as a spiritual teacher and healer, and offers a variety of classes in the community on healing with plants and self healing. Her formal training includes a Ph.D. in Botany, over 20 years of teaching at the College and University level, and more than 12 years as an holistic practitioner.

Chris Gates has been learning and studying percussion techniques and traditions for 17 years, and has taught rhythm workshops and classes since 1991. He believes that "given structure, information and encouragement, anyone can have a fun, rewarding and meaningful drumming experience."

Nanci Rose Gerler is a psychic, medium, channel and intuitive counselor and healer. She offers private sessions of psychic readings and channeled messages for personal and spiritual growth.

Art Giser is a trainer, consultant, and developer in NLP and Imperative Self Analysis (ISA). He has studied extensively with the co-developer of NLP and ISA, Leslie Cameron-Bandler, and was part of her research team. He is also co-author of the book *Groupware: Collaborative Strategies for Corporate LANS and INTRANETS*.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. In addition to his studies with other Reiki Masters, other important teachers include Dennis Adams, Olga Misserva, Dr. Dan Casriel, John Friedlander and Barbara Brennan. He has also studied Esoteric Healing, nutrition, Touch For Health, channeling, Zero Point Process Therapy, and is also a teacher with the Practical Psychic Center of Ann Arbor.

Jocelyn Granger is co-founder of the Ann Arbor Institute of Massage Therapy, and a partner of the Ann Arbor Therapeutic Massage Clinic. Since 1982, she has had extensive experience in her private practice and training in massage therapy, including advanced certification in Sports Massage and Neuromuscular Therapy.

Robin Graubarth has a background in public health and the personal healing arts. She is involved in deepening a practice in creative and expressive therapies, movement, and ritual women's mysteries.

John Gray is well-known as the best-selling author of *Men are from Mars, Women are from Venus*. He has also written *Mars and Venus in Love*, and *Men, Women and Relationships*.

Lori Grba, owner of Plymouth Beading, teaches classes in her store monthly. She specializes in tiny beads and artists' beads, but has everything in between. She is also known for her one-of-a-kind custom design originals.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual & personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes place through the study and application of the Pathwork lectures.

Jay Guinto has had 30 years of instruction and teaching experience in Karate and Ju-Jitsu. He is an instructor at the Shorin Ryu Karate Academy in Ypsilanti, and an instructor for the Ann Arbor Rec. & Ed. Department. He is a member of NAPMA (National Association of Professional Martial Artists).

Susanna Hanrath, MSC, CSW specializes in compulsive eating and body acceptance.

Deborah Harrington is a certified Feng Shui Practitioner of the Black Hat sect, and a founder of The Creative Living Earth Center, a spiritual center "for the Earth and all Her Beings".

Tom Hart is an experienced practitioner and teacher of Tae Kwon Do. He has been teaching at the Pierpont Commons for 4 years.

Teachers, Lecturers, Workshop Leaders, and the Centers



Cindy Klement is a health educator, herbalist, iridologist and nutritionist.

Elizabeth L. Hawkins founded Journey Writing Workshops in 1995, and has facilitated more than 100 classes teaching this writing method.

John Heagle – see listing for Fran Ferder.

Hekuba & Gypsy started Wyrd Roots a year ago after running a Wiccan group in Mt. Pleasant for three years. They have conducted numerous rituals and workshops at Midwestern gathering.

Cynthia Hoffman is a neuromuscular therapist, and the owner of the Ann Arbor Healing Arts Center. She has been providing wellness-centered bodywork and massage therapy in Ann Arbor since 1990.

Jean Houston is internationally known as an author, thinker and futurist. Her books include *Life Force*, *Mythic Life*, *The Possible Human*, *Passion for the Possible* and *Godseed*. She is one of the most important theoreticians of the Human Potential Movement, and her visits to the region are always worth noting.

Nina Howard, CMT is a massage therapist, Polarity therapist, aesthetician and para-medical aesthetician. She is the National Training Director of the Belavi Institute for Facial Massage.

Inward Bound consists of **Cathy King**, **Martha Laatsch**, **Barbara Linderman**, **Lynette Smith**, & **Jonathan Tyman**. Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. Flexibility, strength, balance & concentration are developed. Classes may include music & asana series. **Barbara Linderman** is the program director of Inward Bound.

Edward Jackson has two decades of experience with Shiatsu massage and with yoga. He has also trained in Karate for 27 years, and in Aikido for 8 years.

Jewel Heart is dedicated to the preservation of Tibetan Buddhism and to the practice of its rich tradition within the context of contemporary life. Jewel Heart sponsors public talks and teachings by its spiritual director, Gelek Rinpoche. Meditation instruction, retreat weekends and Lam Rim teachings are also scheduled throughout the year.

Karma Thesgum Choling of Ann Arbor is a Tibetan Buddhist Meditation Center that was founded in 1978. It is a branch of Karma Triyana Dharmachakra monastery in Woodstock, New York.

Duane Karr has been utilizing the natural properties of aromatherapy since the early 1990's. She studied under the master aromatherapist, Robert Tisserand.

Esther Kennedy, OP is a member of the Weber Center staff. She has an abiding interest in spirituality as expressed in Christian, Celtic and Eastern traditions.

Shala Kilmer has been a channel and medium since 1986. An ordained Spiritualist minister, she teaches development classes, and conducts private channeled readings with an emphasis on healing one's life.

Julia King has a background in esoteric yoga, astrology, essence therapies and ancient traditions. She is an Ann Arbor Practical Psychic Institute certified instructor, certified member of the American Nutraceutical Association, and facilitates meditation, healing and clairvoyant development classes.

Cathy King is a Yoga instructor associated with the Inward Bound Yoga Program.

Robert King has been the director of the Chicago School of Massage Therapy since 1978 (which he also co-founded), and where he also practices Myofascial Massage Therapy. He has been teaching Myofascial Massage Therapy in his national workshops since 1988.

Cindy Klement is a Certified Iridologist, Certified Nutritional Consultant, and Chartered Herbalist. She is a Professional Member of the American Association for Nutritional Consultants, a member of the American Herbalists Guild, and a Health Educator with over 20 years of experience in natural healing.

Pat Kramer is a midwife and holistic nurse practitioner with over 20 years of experience. She is co-director of The Holistic Midwifery Institute and specializes in homebirth, infertility and women's health care.

Laurie Krauth, MA, LLP works with individuals, couples and groups. A Michigan Limited License permits practice under the supervision of a fully licensed psychologist (Glenn Davis, PhD).

Tom Kuzma and Alani Galbraith-Kuzma are husband-and-wife Lomi practitioners in Ann Arbor. They also teach Hawaiian Sacred Temple Bodywork.

Sandra L. LaRoe, MDiv, is a graduate of Harvard Divinity School. She has a background in human services, and she has lead workshops in personal growth, healing and body/mind/spirit connections. She is a counselor/educator in the area of death and dying, and is planning upcoming workshops on 'conscious dying'.

Geri Larkin is President of Strategic Thinking, and an ordained Zen minister. She is the author of several books, including *Woman to Woman: Street Smarts for Women Entrepreneurs*, *Bad Hair Days*, and the recently published *Stumbling Toward Enlightenment*.

Matthew Lawrence is the Episcopal Chaplain to the University of Michigan. In addition to being a priest, he is a radio commentator, writer and activist.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes, and programs in spiritual development, meditation, Reiki and related topics.

Kathryn Linderman, ACSW is a specialist in eating disorders and women's issues.

Dennis Linn, MDiv and Sheila Fabricant Linn, Mdiv work together as a team, integrating physical, emotional and spiritual wholeness. Currently offering retreats and spiritual companionship, they have worked as hospital chaplains and therapists, and taught courses on processes for healing in over 30 countries.

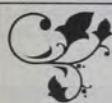
Magical Education Council of Ann Arbor is a non-profit organization dedicated to the sharing of knowledge and experiences among people who follow esoteric and mystical religious traditions.

Maggie Mahoney is a science teacher, outdoor educator, writer and poet, certified storyteller and Reiki Master. She studied Celtic Spirituality in Ireland, and holds a masters degree in Environmental Studies.

Lynn Malley has been leading people in chant for over 30 years. She is head of the Music Department at Grailville, an ecumenical, multinational center for women which presents programs in spirituality, ecology, feminism, the arts and social justice. She is composer and principal artistic director of liturgical music and concert repertoire. She resides in Ann Arbor, she has lived since 1979.

Eleanor Mannikka has been a student of Khenpo Karthar Rinpoche for 20 years and has taught meditation for 20 years.

Laura Massaro, MA facilitates *The Artist's Way*, *The Vein of Gold* and *Songwriting—A Path to Self-Discovery and Healing*. She also teaches music, drama and movement to children. For 20 years, her emphasis has been on transformation and healing through music and the arts, and being more creative in everyday life.



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Sue Webster McDonald, ACSW is a family therapist and an experienced Artist's Way and Vein of Gold facilitator. Her training and participation in the arts, as well as her background in medical social work, influence her practice and workshops. She has done workshops with Julia Cameron and Mark Bryan.

Anita McKay is a visual psychic with a degree in fine arts, who specializes in personal and family aura drawings. She teaches psychic skills in group settings or one on one.

Kathie McLaughlin earned a doctorate in theology from Marquette University, and is assistant professor and chair of religious studies at the College of St. Scholastica in Duluth.

Lynn Meadows has a M.A. in merchandising, and a B.A. in business. She is currently working as a Feng Shui Consultant and Teacher, and a Retail Manager. In the past she has been a Fashion Buyer and Merchandiser, a Manufacturer's Representative in the Fashion industry, a teacher of Interior Design, and a teacher of Clothing Construction & Design.

Gretchen Michaels is a professional artist and art teacher for 30 years, creating natural art objects in many forms.

Majida and Siddiq Middlebrooks have been students and teachers of the Sufi path and the Dances of Universal Peace for 16 years. Siddiq is on the faculty of the U-M Kresge Hearing Research Institute.

Glenn Miller, D.C. graduated from Palmer College of Chiropractic in 1969, and has been practicing in Ann Arbor for 28 years. He has certifications in Neuro Emotional Technique and Contract Reflex Analysis, and has studied kinesiology, acupressure, nutrition and meridian therapy.

Richard Miller has over 20 years experience in traditional Chinese martial arts. He trained in Taiwan and in China; and from 1979 to 1992 he trained in San Francisco under Master Adam Hsu. He established the Great Lakes Wushu in 1992.

Brenda Morgan, Ph.D. has a 25 year background as a metaphysical healer and teacher, professor, spiritual guide and mentor. She is presently working on authoring two books: *Onward Through the Fog: Guideposts for Navigating Life*, and *Lives Without Judgements, Lives Without Fear*. She recently moved to the Ann Arbor area.

John Morris, Mdiv, PhD is a Shamanic counselor, Reiki Master, and Wiccan Priest. He is the Editor of *The Seeker*, a monthly journal of the Magical Education Council.

Rebecca Mullen, MSW has over 20 years of experience at the University of Michigan doing psychological counseling of students. Her background includes Gestalt work, breathwork with Stan Grof, and Jungian dream work.

K. Mully Mulliner is a certified Feng Shui Practitioner of the Black Hat sect, and a founder of The Creative Living Earth Center, a spiritual center "for the Earth and all Her Beings".

Sukha Murray was trained to teach yoga by the Sivananda Yoga Organization and has been teaching for 20 years. She has been a Buddhist Teacher, and the Resident Priest of the Zen Dharma Temple in Ann Arbor for 10 years. She has taught introductory meditation and led retreats locally and in Toronto & Chicago.

Jan Novotka is a theology teacher, pastoral counselor, retreat facilitator and songwriter who is certified in Earth Literacy. Novotka has produced a collection of personal musical compositions rooted in Earth Spirituality and New Cosmology.

T. Okuyama has studied Aikido for over 25 years in both Japan and the United States. He is a 5th degree black belt and a long-time student of Chiba Shihan, who was a direct student of Aikido's founder.

Phyllis Perry, MSW, CSW is the founder of New Options Counseling, a clinical social worker and a writer. She specializes in careers, education, relationships, relocation, creative self-expression and journal writing.

Amy Pershing, ACSW is a specialist in eating disorders and women's issues.

Judy Piazza is a singer, songwriter and percussionist. She facilitates "Resonance and Rhythms" workshops, and rhythm and song circles for festivals, gatherings and conferences. With a background in music therapy, she encourages the use of sound and rhythm for healing, for fun, and to nurture community.

Aiji Pippo has practiced and taught Tai Chi Chuan in Ann Arbor for several years, and has been teaching classes at the Pierpont Commons for the past 4 years.

Melanie Pupil, ACSW is an artist, teacher and therapist who has, for the past 20 years, worked extensively with individuals and families recovering from alcoholism and other trauma. She has also studied shamanism in both the Southwest and South America, and was initiated into the

Lama Colleen Reed was trained under Khenpo Karthar Rinpoche, and completed a three year meditation retreat. She currently lives in Chicago where she is practice coordinator for their Karma Thegsum Choling meditation center.

Ricki Reeves is a full time practicing astrologer living in Battle Creek. She teaches classes at the Academy of Astrology in Lansing, and travels throughout the Midwest giving seminars. She is a student of the well-respected astrologer, Noel Tyl.

Jesse Richards is a performing and recording artist, the former Artistic Director of *Sister Earth*, and the current Artistic Director of *Hundredth Monkey*—performing arts ensemble. She has released 8 recordings of original music and has been teaching vocal and dance workshops nationally for 16 years.

Kyabje Gelek Rinpoche is an incarnate Tibetan lama of Drepung Monastic University. He trained with some of Tibet's greatest masters, including Kyabje Ling Rinpoche and Kyabje Trizang Rinpoche. He is the founder of the Jewel Heart Tibetan Buddhist community, which has centers in the US, Europe and the Far East, and he has graced the Ann Arbor area with his presence now for a number of years.

Sheila Layla Ritter, MA, LLP is the founder of ChangeWorks Consulting and Therapy Center in Ann Arbor. She works with individuals, couples and families on spiritual and therapeutic issues. She uses sound, light, movement and imagery in her work, as well as traditional therapeutic methods.

Michele Rivette, MSW is a psychotherapist in private practice in Ann Arbor. She is affiliated with the Coping Studies Research Program in the U-M Departments of Psychiatry and Psychology. She has 9 years of experience in working with crisis intervention, trauma, sexual abuse, eating disorders and adjustment to major life changes and loss.

Clark Roberts, RN, BScN, HNC, CHTP, CMT has presented throughout the Midwest for many years. He has studied with many leading healers globally and has a private practice with referrals from psychotherapists and physicians.

Katherine Rogers, MFA is a Certified Feldenkrais Practitioner® with 15 years of experience teaching art at the college level. She first became involved with the Feldenkrais Method as a way of managing chronic pain. She decided to become a practitioner after discovering not only the Method's effectiveness, but also its corollaries to both the educational and creative process.

Kim Rogers-Gallagher is the author of *Astrology for the Light Side of the Brain*, and *Astrology for the Light Side of the Future*. She writes monthly columns for *Dell Horoscope*, *Welcome to Planet Earth*, *American Astrology* and *Aspects*. She is the text author for *Llewellyn's Astrology Calendar*, and is featured in their *Daily Planetary Guide*, *Sun Signs* and *Moon Signs* books.

Marcia Rose is a teacher and retreat facilitator with the Insight Meditation Society.

ShuNahSii Rose has been studying the stories, songs, dances, healing practices and ceremonies of earth-based peoples since 1979. "As a myth-maker, educator and community organizer, my work emphasizes the empowerment of womyn and girls." Her recent work with the "Diana Project" — *Girls Coming of Age* opens the door for the voices of young women to reach their communities through simple political theatre.

David Rosenberg has been teaching Yoga in the Iyengar tradition since 1993, and is certified. A while back, he traveled to India and studied Yoga from Geeta and Prashant Iyengar. He also works as a massage therapist.

Mary Beth Rossiter has been a Reiki practitioner for 13 years and has been teaching Reiki for 2½ years.

Peggy Nash Rubin directs the Center for Sacred Theater in Ashland, Ohio. She has been Jean Houston's associate partner for more than a decade.

Anita Rubin-Meiller, MSW has 20 years experience as a therapist. Her areas of expertise include issues of aging, chemical dependency and women. She has been a facilitator of a woman's group at the Adult Recovery Center for 10 years.

Stephen Rush is a composer, and a faculty member at the University of Michigan School of Music.

Kathleen Schanz, OP is a member of the Adrian Dominican Sisters. She is presently the Director of Weber Center. For many years, she has worked with a variety of groups in creating and facilitating rituals.

Peggy Schmidt, ihm is a staff member of Visitation experienced in spiritual direction and supervision of spiritual directors. Familiar with the discernment process of St. Ignatius, she has also worked with the communal discernment methods of the Quakers called the Clearness Committee.

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Sue Schreiber, MA, MEd is assistant dean of the Institute for Ministry, at the Sacred Heart Seminary. She is a photographic artist and musician with an interest in spirituality and the arts.

Trish Schumacher, BFA, MA is an artist and art educator with 24 years of teaching experience. She has taught art of various forms to students of all ages and has participated in and conducted several mask making workshops. "I believe the creative process is often a profound and joyous journey to finding oneself."

Sandra Shears is a Spiritual Channel, Healer and Counselor, and has been in practice since 1989. "I am a Light Worker, a conscious channel guided by the Higher Communities of Light, offering an accelerated process for becoming Soul."

Jewel Shelden is a professional psychic counselor, certified hypnotherapist, Reiki Master, ordained minister, author, teacher and lecturer. She specializes in past life regression and dermatoglyphic research. She is a conscious channel, and "enjoys helping others awaken to their spirit guides". She has also written two instructional booklets for palmistry students.

The Shorin Ryu Karate Academy teaches Traditional Okinawan Martial Arts, which are better suited for self-defense than tournament style martial arts. Its focus is on Karate — empty hand techniques, grappling (tuite) and weaponry (kobudo).

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year, and as an Infant Massage Instructor. The focus of her work is in the special needs of women during pregnancy, birth and postpartum.

Majid Simonds, a student of various forms of meditation & spiritual practices for over 20 years, has been a "representative" (teacher) of Sufi techniques & the Dances for 10 years.

Lynn Sipher, ACSW has provided individual, couple, family and group therapy for 15 years. Her relational model of therapy is based on the importance of being connected and authentic within oneself and with others. She is in private practice in Ann Arbor.

Richard Smoot is a member of ISAR, AFAN, NCGR and a Professional Member of the American Federation of Astrologers, with 25 years of study, counseling and teaching experience. He is also a registered social worker with 15 years experience in crisis intervention.

Rebecca Staffend is a Nationally Certified Massage Therapist, and a Reiki II practitioner. She has been a student of Hatha Yoga for five years, and she's a lifetime dancer.

Ema Stefanova has taught yoga and meditation in Europe and the United States since 1979, to groups and individuals of all ages. She has been in the Ann Arbor area for 8 years.

Jim Stitley, BS is a businessman, writer, speaker and futurist. He has published dozens of articles on technology, business and personal development. His seminars "teach and empower people to identify and turn their personal Passions into SelfWork".

Judy Stone, MSW is both a psychotherapist and nutrition consultant. "My joy is to gather new information, chew on it for awhile, digest it, see how it affects me, learn how it affects people who aren't like me and then, if the results are good, I can't wait to tell everyone I know and many I don't. This is how my classes are born." She also presents workplace wellness programs and does freelance writing.

Carol Sullivan, MA is a consultant from San Francisco who has trained for 22 years on issues of shame, violence and incest. She incorporates story-telling into her workshops.

Patricia P. Sullivan, MSW, DCSW, is a licensed marriage and family therapist in private practice in Ann Arbor. She is experienced in addressing family of origin issues, workplace dynamics, chemical dependence and mood disorders. She is also a consultant to family businesses.

Margaret Szedenits is a graduate of the Ann Arbor Institute of Massage Therapy, and is a Nationally Certified Massage Therapist. She is also certified with the National Certification Board of Therapeutic Massage and Bodywork.

Antoinette Thoin, MA is the creator of YinSpace Expressions of Ann Arbor. Her work includes Metamorphosis Workshops, Storytelling Art, Creative Writing Circles and Seminars, and automatic writing. "My intuitive gifts arose through connection to my spiritual teacher and process in combination with skills gained through teaching and counseling, a master's degree, and expressing a pixie like energy."

Sandy Toivonen has been folding, sharing and teaching origami models for over thirty years and is involved with the local Ann Arbor Origami Society as well as the national Origami USA organization.

Jody Tull Tyler has been teaching and practicing yoga for 15 years. She holds a Master's Degree in Education, specializing in music and human development.

James Uhl, PsyD. is a Jungian psychotherapist in private practice in Toledo, Ohio. His interests include instructing individuals, families and groups in the art of working with their dreams to unlock their hidden potential.

Upland Hills Ecological Awareness Center is located in Oxford, Michigan.

Katherine Urleja, DO, MGO, RCST is a co-teacher with Franklin Sills (author of *The Polarity Process*) at the Karuna Institute in Devon, England. She is a former student of both Franklin Sills and Hugh Milne.

Visitation, located in Monroe, Michigan, is sponsored by the Sisters, Servants of the Immaculate Heart of Mary. It offers an "environment for pondering, embracing and responding to the challenging and healing presence of God." It offers a spacious natural setting that encompasses a barn-chapel and library, retreat house and hermitages. People of all beliefs are welcome.

Cam Vozar, MSW is a psychotherapist in private practice. He has worked with men and their families for over 20 years. He has led and participated in numerous Men's Groups, and is a Level II EMDR therapist.

Anne Vroom has been knitting for 20 years. She has taught kids and adults at the Michigan League and the Fiber Gallery and has also given private lessons.

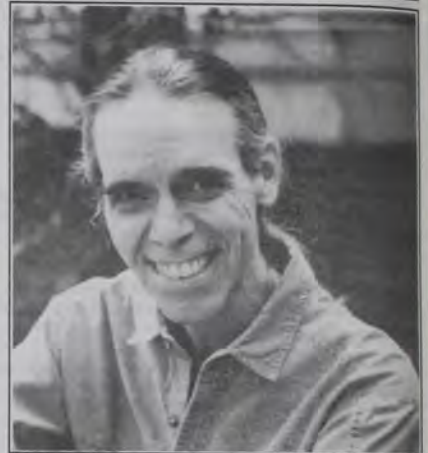
Barbara Wall, OP, PhD is associate professor of philosophy and assistant dean of the College of Liberal Arts and Sciences at Villanova University in Philadelphia. She also directs the women's studies program, and is co-editor of *The Journal for Peace and Justice Studies*.

Wendy Warrick has "developed an interpretation of Feng Shui which expands upon and reinvents traditional Feng Shui." She has a background as an interior designer. She brings to bear on her work the study she has done with various teachers, her spiritual practice, and her intuitive abilities. She has consulted on homes, offices and places of spiritual practice.

Weber Center is a retreat and conference center on the Dominican campus in Adrian, Michigan.

Lama Kathy Wesley participated in a three year retreat led by Khenpo Karthar Rinpoche (her teacher since 1977) in Delhi, New York. Currently, she travels teaching the Dharma and serves as practice coordinator of the Karma Thegsum Choling meditation center in Columbus, Ohio.

Suzu Wienckowski is a Reiki Master and Registered Massage Therapist. She has 18 years of experience in the healing arts including 11 years of teaching at massage schools in Washington, D.C. and Ann Arbor. Reiki has been the focus of her work for the past five years. Her training includes study with two Masters initiated by Hawayo Takata. She teaches traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.



Ray O. Golden is a Reiki Teacher. He also teaches classes on developing intuitive awareness through the Practical Psychic Center of Ann Arbor

Bronwen Wildflower writes: "I follow the path of the Goddess, creating and re-creating my path as I go, following the directives of the Wise Woman within. I work in harmony with the Realm of Nature from which our physical world is created and would teach you this; I call circles of women together to remember who we are."

Ann Williams, BFA has been studying and working in visual arts since she was a small child. She believes strongly in art as expression, and creativity as nourishment for the soul.

Lisa Wolf, MA, LLP is a clinical psychologist in private practice in Ann Arbor. Her approach to working with clients combines traditional therapeutic paradigms, creative intervention strategies, and spiritual dimensions of healing. In addition to her work as a therapist, Lisa is involved with the Pathwork, a contemporary spiritual discipline. She is also a musician and a mother.

Isabelle Yingling, MLS has been teaching group and private classes in the Bradley Method for 10 years. She is also a professional doula (labor assistant). She is the mother of five, and has a Masters Degree in Women's Studies.

Wasantha Young is a master of T'ai Chi Ch'uan, and the head instructor and director of the Peaceful Dragon School of T'ai Chi Ch'uan in Ann Arbor. She has studied Yang style short form T'ai Chi Ch'uan since 1970, and was certified as an instructor by Grandmaster William C.C. Chen in 1974. She has received formal instruction in Form, Push Hands, Sword, Staff, Saber, Application, Chi Kung, and Meditation. She is also a certified Acupressure Technician.

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by **Reverend Sukha Murray**, Resident Priest, who has been teaching yoga for 20 years and meditation for 10 years, and **Geri Larkin** and **Nathaniel Needle**, ordained Dharma teachers.

Gloria Zimet received her reflexology certification in Israel nine years ago. Her subsequent Reiki II certification and practice has impacted her reflexology technique as well as her understanding of the healing process. She recently began teaching a reflexology workshop at her office in the Natural Healing Center in Ann Arbor.

Karen Zokas has worked in the corporate world while learning to blend her spiritual and intuitive experiences into her everyday life. She has studied whole brain functioning, and taught spiritual development classes.

The Crazy Wisdom Interview ~ Five Girls Coming of Age and their Mentor, ShuNahSii Rose

Photography by Linda Lawson

ShuNahSii Rose, who leads workshops and ceremonies in the area of women's spirituality, and is an educator and community activist, called a few months ago and said that she thought that it would be interesting to talk to the girls in her "Diana Circle", a coming-of-age group which she has been leading for about four years now. Sounded interesting, so on a warm and buttery Sunday afternoon in October, I met with ShuNahSii and "her girls" at her home on the north side of town. She had the loveliest yard in her neighborhood of attached homes — here were Goddess candle holders hanging from a climbable tree, 2 girls' bikes draped happily against the picket fence, Halloween pumpkins, potted plants, more Goddess statuary by the front steps, and other kindly, outdoor keepsakes.

Beckoned inside, I came upon the five girls who had agreed to be part of the interview, plus ShuNahSii and ShuNahSii's younger daughter, Sara. They had just been photographed by The Crazy Wisdom Calendar's photographer, Linda Lawson, and they were in high spirits. I was concerned about my male energy intruding upon their gaiety, but they were quietly welcoming, and eager to talk.

The Diana Circle got formed in a somewhat organic way. ShuNahSii saw a need for the group, as is described in the interview, and she invited some girls to participate. Soon after its inception, ShuNahSii told them stories of girls' rites of passage, and together the group was inspired by the myth of Goddess Diana as a protectress of girls and their independence at this stage of their lives. The girls decided they wanted to be under Diana's guardianship, and so the Diana Circle began.

The girls who participated in the interview: Lia Rose, who is 13, (and is ShuNahSii's older daughter) and attends Middle Years Alternative School; Mara Neering, who is 16 and attends Community High; Lyssa Sperlich, who is 15 and also attends Community High; Ellen Woodworth, who is 13 and attends Middle Years Alternative; and Sian Chivers, who is 16 and attends Rudolf Steiner.

The girls, ShuNahSii and I sat and talked in her living room for 2½ hours, amidst warm rugs, tapestries, colorful artwork on the walls, and more Goddess statuary. We used a "talking stick" which was passed around whenever someone wanted to speak.

Bill Zirinsky: Thank you for inviting me here today to talk to you about what this group has been about, and find out who you are, talk about some of your beliefs, some of your ideas about our culture and about yourselves and about the world that you live in, about feminism, about spirituality and about whatever else we might find interesting to talk about. So I



thought I'd start by asking you, Mara, how you came to be in ShuNahSii's circle and what do you get from being in this group.

Mara Neering: Basically I had a friend who was in Diana Circle, and I had really wanted to be in it. Then I went to one of ShuNahSii's workshops with my mom. At the end of that, ShuNahSii asked me whether I'd be interested in joining Diana Circle. And I said yes, definitely, because it was something I had wanted to do for a while.

BZ: How old were you at the time?

Mara Neering: I think I was fourteen. And I get out of the Circle the ability to be strong in a lot of situations where I find that my friends aren't and actually to pass strength on to my friends in some way.

BZ: So has it helped to change the way you think about things?

Mara Neering: Yes. Definitely. I feel it's a lot easier for me to be an individual because I get strength from the work that we do.

BZ: I recently spent some time reading parts of Mary Pipher's book, *Reviving Ophelia*; much of it was about the difficulties of the transition from being a girl to being a woman in this culture. And I hear the resonance of that when you talk about how you gain some strength in this group that some of your friends don't have. Is that what you're alluding to?

Mara Neering: Yeah. I'm aware of some things

that they're maybe aware of but don't want to really recognize in their lives, and are kind of afraid to recognize.

Like when they talk about their period, it's, "It's that time of the month - just keep it down."

BZ: Lia, would you talk about why you came to be in this group, and what you get from it?

Lia Rose: Why, sure I will. My mom is the leader of this group. She brought us all together.

ShuNahSii Rose: It's been four years since the very beginning. It's been three since we were the Diana Circle, but we were meeting as a smaller group before.

BZ: How old are you now?

Lia Rose: Thirteen. And what I get out of it is: sometimes I feel like I'm the only one of my friends who hasn't collapsed into herself. And it's really sad. I come here, and I see all of these other women like me, and it really helps.

BZ: That's nice and succinct. Lyssa, do you want to talk about that, too?

Lyssa Sperlich: I was introduced to it through a friend of mine. Also, my mother knew ShuNahSii. So I ended up coming here and had a lot of fun. I spend a lot of time with women, especially with my mom being a midwife and stuff. I'm brought up with women everywhere, but there is a perception of me like, "Lyssa goes and hangs out with the guys." When they're going to go be macho manly men, I've got them all beat. When we were all on a camping trip, I was the only one who could figure out how to throw a hatchet correctly.

But I can't stray too far, because it doesn't feel right. Because the one

reason that I can never be the manliest man of all is because I'm not a man. I'm most certainly a woman, and I most certainly like being a woman, and like everything about being a woman, and like to connect with everything about it, like all the issues that women deal with. I've been kind of privileged because I've had a lot of good opportunities. But there's just stuff that needs to constantly be dealt with. You have to take as many steps as you can always, and to reconnect with women any chance I get is a good thing for me.

Sian Chivers: I guess I started going to this group because my mom is one of ShuNahSii's students, and three years ago, when I was thirteen and just starting to come into myself as a woman, my mom said that ShuNahSii was starting this class and I didn't want to come. I thought it was a bunch of stupidity. And I got here, and I still thought it was, and then I stayed for a while and I found out it was really fabulous.

I used to go to Ypsi High until this year, and most of the girls there are really, really put upon and they don't even know it. I would try so hard to save all of my friends, and they didn't want to be saved. They'd say, "Oh, you're just overreacting. You're just being stupid. You don't really think that." And if I put out a feminist point of view, they'd say, "Oh, you hate men." And, after a while, I'd start to think maybe they're right. Maybe I am just overreacting to the whole situation. And then I'd come back here and realize I'm not the only one out there who's trying

Interview with Five Girls Coming of Age and their Mentor, ShuNahSii Rose (continued)

to be loud and strong and not, "Oh I'm so tiring and faint and oh, I must be sweet and feminine and girly and cute like a Barbie-doll and wear pink." I don't like pink. Pink bugs me.

BZ: What did you mean, a lot of the girls feel put upon?

Sian Chivers: They are put upon and they don't know. I mean, who they have to be is put upon them. Especially at Ypsi High, you have to dress this way. You have to look this way. You would see groups of twelve girls walking down the hall looking like variations on a theme. The same haircuts, the same clothes, the same shoes, talking the same, acting the same - totally. And you can see how I'm dressed - I'm not terribly radical or anything, but I was the big freak in Ypsi among some people because I dress weird, and because I wouldn't be quiet, which is a very big one. You were supposed to be quiet and not talk all the time. And if some guy started flirting with me and I didn't like it, I wouldn't just shut up. And that obviously wasn't appropriate.

But it's very important to me to have this place to go where I can be loud and I can not accept being flirted with if I don't want it, or not accept being looked at if I don't want it. [Girls laugh]. You know that thing about walking down the street and people are watching you and you're like, "Excuse me. Do not watch me walk down the street. I do not stare at your ass. Don't stare at mine."

Ellen Woodworth: The first time that I started coming to Diana Circle was in fourth grade. I was

ShuNahSii: I wanted to do work with girls to hopefully save them from some of the suffering and some of the lost time, so that they could just hang right in there with their true voices and their true selves right from then. . . So I started calling all of these girls into my living room. . . largely because I really love these children. . . Plus they're just so much fun.

Girl: We're cute too.

ten years old. And that was three years ago. And I didn't know what it was about when I first started coming, but how I see it now is sort of a safety support group for girls to come and share things with each other and talk about all the pressures and stresses of life and how you can make life better. I think it needs to happen more often, that people have a place to go and a place where they can be themselves, a special place.

Sian Chivers: And a place where girls are important, as opposed to being decorative.

BZ: Is it naive of me to think that in Ann Arbor, in the 1990s, girls being decorative would be pretty much an outmoded concept?

Lia Rose: I wish. We are women and women equal people, too. But people don't think that way. Especially college men. They think they can say anything they want to you when you're walking down the street.

Mara: I think a lot of the way I see it is, it's not so obvious, but it's still really there. When we did our first performance at the Gypsy Cafe, my cousin, who is the same age as I am, sixteen, came and watched - this is a male cousin. After the performance, his comment was that he didn't think that this was a real issue with women of our age. A lot of stuff that girls face is just so accepted that people don't even realize that it's a problem.

ShuNahSii Rose: So here is someone witnessing the girls' own testimony about life for them in this day and age, who can say, "Your authority isn't valid. I really believe that that's not an issue for young women at this time," when he just heard several young women say it was an issue for them.



The Diana Circle. (From left to right) Ellen Woodworth, Mara Neering, Sian Chivers, Lia Rose, ShuNahSii Rose, Sara Rose (ShuNahSii's younger daughter), and Lyssa Sperlich.

Sian Chivers: I don't think we can say it's not an issue as long as things are still going on that just are going on - like my friend - she happens to be tall and blond and pretty, and she's had male teachers call her baby and call her sweetie in school. And I've had guys tell me, "You shouldn't talk so much." And I say, "Why not?" And they're like, "Well, guys don't want to hear you talk. They just want to look at you."

BZ: It sounds really debilitating.

Sian: It's really hard. Especially for myself. You can't tell here, because this is my safe space, where I can be open. The thing is, when you're a girl, they

strong social group, I mean, politically active, we're going to speak our minds when we see fit, even if someone else doesn't. And this guy drove by in his car and said something really horrible out the window, and like, licked it or something. It made me feel really sick. So I shouted back to him to shut up and think about what he was doing, and how he might make someone feel. And my friend said, "Lia, you really can't spend so much energy trying to change other people because it's just going to get exhausting." She thought she was just supposed to take it because it happened far too often. It was really sad for me, because I always thought we were the stronger of them.

BZ: Stronger of . . . ?

Lia: Stronger of females in America, or even in this town. She just had given up on what she felt. She thought it didn't matter, and no one would think that it was important anymore. I was very hurt by that, because - if you can't even believe in yourself, in what you think, what's left for you?

Ellen Woodworth: At my school, there's not that much pressure. . .

BZ: What school is that?

Ellen Woodworth: MYA - Middle Years Alternative. I relate to just the people I hang out with, but I usually don't feel stressed about body image, and I dress just how I want. But sometimes I go to parties and these girls that are in short little skirts and all this make-up, and they're not talking, they're not having fun, and when they dance they always are, it seems to me, holding back from what they really want to be. Maybe subconsciously, but they care about being sexy more than just having fun. I don't know if they really want to, or they don't want to, but I feel sorry for them because they miss out on a lot of things. I feel lucky because I can live my life out of the Diana Circle, normally, how I want to.

BZ: I want to follow up with you about that. In both of the books that I was reading to prepare for this interview (the Mary Pipher book, but also *Daughters of the Moon, Sisters of the Sun* (a recurring theme is that girls who feel that they are enjoying themselves at one age - at nine, ten, or eleven years old - then go through a really hard time after that, in terms of having to shift into meeting a whole different set of society's expectations. Ellen, would you talk about your family and how much your family has been a support to you to feel that you don't have to conform to a restrictive concept of what it means to be a teenage girl in our culture; that you can be, perhaps, whatever you want to be.

Ellen Woodworth: Well, I have a very good family life. I don't know if you'd consider my mom a feminist, but she's definitely a very strong, powerful woman who's very smart and intelligent. My mother

expect you to do badly. And so, for me, it was so much easier for me to just pretend I was stupid, than to actually have to work really hard. I spent a lot of my last year at Ypsi just pretending to be dumb. It was really awkward for me to have my friends actually believe that.

BZ: Any others of you feel like you have to dumb down your intelligence in social or class situations?

Lyssa Sperlich: I was home-schooled through elementary school, and then when I first came to public school, I realized that I wasn't the absolute smartest, and that I wasn't expected to be the smartest. I wasn't pushed to do everything. No one's ever told me that I'm worse because I'm a woman, that I don't have an opinion, or that I'm just something to be looked at, but I know it exists. And if it's not said, it's thought somewhere in the back of the mind. And that's the part that's hard to work at - when you can't look at somebody and say, "Well, are you thinking this somewhere in the back of your mind. And that's why it's a work that can't just go away.

I remember in sixth grade that I realized that it was all about attention. If you can't get attention for being the smartest, I was going to get attention for being stupid and just having fun with it. You get bored with it really fast, because you can't go anywhere from there. It's a point that only has down as a direction. And so, ever since then, it's been working up. That's what work like this has been important for (making sure you start working up in the right direction.

Lia: I was at the Top of the Park, or Art Fair, and I was with a group of my girlfriends. We're a pretty

has helped me a lot. I don't know much about how stressful her life was, but she did have strict parents - a lot stricter than my parents are with me, so I'm sure there was family stress to be quiet and polite and a nice little girl. I guess my mom isn't really like that - I don't know really how to explain it, but definitely, we've helped each other a lot. She supports me on what I've done, and she's raised me really well, and some of the stuff that I do now, she believes in, too. And stuff that I have gotten involved with has opened her up to new things as well.

Yesterday, my dad told me that he read in an article that Ann Arbor is the number one place in the whole country for women to live because it's really,

years old, and it started happening that people would say comments that were inappropriate as I walked down the street . . .

BZ: People would make inappropriate comments to you when you were ten years old?

Lyssa: Yes.

Other Girls: Yes. Uh-huh.

Lyssa: Yes. Very much. What would happen is I would just try to ignore it as much as possible and just not say anything. But in the last couple of years, through Diana Circle and through some other ways, I realized that I can't just let it go like that. The more assertive I become, the more OK with it I feel because I know that's not their right. That's not their

space to be in; that's my space that they're invading. They don't think, "I'm going to go out and harass some young girls now," they just sort of do it. And if somebody actually calls them on it, it might change them a little bit.

Sian: I think the reason they do it is because they feel like it's their right, because girls have to be one of two groups: virgin or whore. You're a good girl and you're completely virginal and you don't have those kind of thoughts, and you're our mothers and sisters and daughters who are sacred and we're not going to mess with you or you're a whore and you're scum, we can do whatever we want to you. So either you've got to completely ignore the fact that you're sexual and not dress sexy and not act sexy, or you've got to just accept the fact that men get to hit on you if you dress sexy. I think that's completely unfair. If a guy went out dressed hot, and I said, "Oh, you look hot. Give me some of that," everyone would think I was crazy. But the second I put on something nice and make myself look nice then it's every guy's right to do whatever he wants to me, physically and mentally.

ShuNahSii Rose: It's kind of a gnawing thing. It's not that it's necessarily said, "Oh, you're destined to be dumb and you'll never accomplish as much," but that it's implied. And how cultural conditioning says that as a man or as a boy it's my right to accost you or invade your space. And I really don't think for the most part that that operates consciously. I think that when you look at the myths of a people, of a society, of a spirituality, you see the basis by which we live (the script that many people pick up, often

unconsciously. For hundreds and thousands of years now, the myths have included rape and ecological destruction or disrespect for natural resources and I think that we're numb to the momentum that it has gained.

BZ: That's really elegantly said, "numb to the momentum," because I'm very struck by the fact that when I was coming of age in this town in the 1970s, the concept of equal rights, of a change in consciousness about gender issues, was very much taken for granted in most all respects by my generation of Ann Arbor college students. Women's studies classes were filled to the brim, with young women, and with many young men. We were all in men's consciousness raising groups and women's consciousness raising groups. And here we are talking about the same issues twenty-five years later, and that can best be explained by your phrase "numb to the momentum." A shift in consciousness has taken place, and

there have been great strides forward, but the momentum is more deep-seated and powerful than the cultural evolution generated by the Sixties and by the women's movement.

ShuNahSii: Yeah. The girls, as they are doing their research and their soul-searching, bring, for example, to the theater pieces, what it is that troubles them about the world around them. In Mara's monologue that she brought to the theater piece, she talked about statistics surrounding sexual assault or sexual abuse and how 75% of all women who are raped know their assailant. And 36% of all sexual assaults happen in or around a woman's home. One of the points that Mara was making is that, "Even in my own home, or even among the people who I am befriending, I can't just relax into feeling safe." And one of the tragedies of that is that as a culture then, we lose the gifts those girls and women have to bring. Because unless we feel safe, it's impossible to flower. It takes that safety, and in that safety, the girls flower, their brilliance comes forward, their questions, their concerns, their rage, their passion, their desire for change...it happens because they can be honest. They can be

"As much as we like to pretend that our dear, sweet twelve-year-old daughter is not at all thinking about sex ever, or anything like that, it's not true. . . And it's OK for me to want to feel sexy, and to feel like I look nice, and I feel like I do have a desirableness about me, but without anyone acting upon that. That's the line that I think should be drawn."

— Lyssa Sperlich

safe enough to not always be fending and guarding.

Sian: I think ShuNahSii's very right about guarding yourself because it seems like a lot of girls don't know - they think of rape, and they think some guy jumps out of the bushes. They don't know that it's very, very often somebody you know and somebody you trust, and that leaves them really open and vulnerable. But at the same time, when you learn that, you almost wish that you didn't know because it was so easy just to not think about it. Before, you didn't even know to be afraid, and I guess that's sort of a step in the right direction, but at the same time, it's a step in the wrong direction because they shouldn't have to be afraid. On some days, I'll just be afraid of all of the men I know, because you just never know.

BZ: Tell me, Sian, a little bit about your own personal evolution and your own family life.

Sian: My mom is gay, and that has not led me to hate men, although I did just make it sound like I do [all laugh], but that's not actually it. Actually, in a Shameless Rainbow theater piece we did last year, I said that being raised by lesbians is a lot like being raised by wolves - nobody really expects very much of you. And it's true. People are so surprised that I'm so completely civilized. They expect me to be some kind of a crazy, crazy feminazi nut case wielding a gun trying to machine-gun men's genitalia and so forth [all laugh]. I come across as way too normal actually, for people, and that's what scares them - the fact that I'm not scary, that I'm usually pretty normal.

I was raised in Ypsi most of my life. And Ypsilanti is not exactly the forefront of liberty and freedom for people of alternate sexualities in any way, shape or form. At the beginning of elementary school, before we learned to judge each other, I would go into school and say, "Oh yeah, I have five mommies," and no one would have a problem with it. Then I hit about fourth or fifth grade, and my mother and her partner decided they were going to have a commitment ceremony, and they put an engagement photo in the paper, and my God, I was a target. People would assume that I was a lesbian, too, which I'm not. I mean, I don't think I am; I don't really know yet.

Some of my girl friends started treating me



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- ShuNahSii Rose

like, liberal, or whatever. I've lived in Ann Arbor my whole life and it's kind of scary to know that. I think there's sexism here, but how much is there going to be other places if this is supposedly the best place for women to live? It's a scary thought to go out into the world.

BZ: To think that this is the most tolerant is kind of scary.

Lyssa Sperlich: The town that I live in that's been incredibly wonderful but still, where I've had to fend people off because they're being jerks to me - I'm not going to accept that as the best that it gets.

BZ: What is that like from a really early age, as a girl, to know that you have to fend off stuff that comes your way? When does that begin to be really clear?

Lyssa Sperlich: The scary part is, it happens frequently enough that I've seen myself progress in how I respond to it. Because when I was say, ten

weird. They didn't want to be around me. They were afraid I was going to start hitting on them. There were guys who would tease me, and some guys would stop paying any attention to me at all, because now they didn't have a chance with me. And actually a parent of one of my friends was talking to my very best friend who was sleeping over at that girl's house, and she said, "Do you and Sian sleep in the same room when you have sleepovers?" And Beth, my friend, said, "Yes. Do I sleep in the same room with Anna when I have sleepovers?" And Anna's mother was like, "Well, yes, but that's different because Sian's parents are gay and she might be, too, and you never know what she might try to do to you while you're asleep." And after they found out - Anna's parents - they would never let me over to their house again. Ypsi is just really closed-



"People who have the strength to speak the truth are really good role models."

— Mara Neering, 15

minded.

And Ann Arbor isn't as great as it likes to think it is, either. But if some of my friends in Ypsi and even Ann Arbor knew my parents were gay, they would hate me, because all of the sudden I'm a different person, like this has changed who I am.

And so I tend to think that people are not going to like me when they meet me, instead of thinking that they will. And I tend to think that I can't trust people, instead of thinking that I can trust them, first off.

Lia: About that whole rape thing (I'm really scared of being raped. Like all of the statistics will tell you (my whole friend group is going to get raped by the time they're 24 or 40 or whatever they are. I'm determined to defy statistics. I'm not living any of those stories. I've made up my mind.

BZ: Is that a day-to-day fear, or is it more part of the backdrop to your life?

Lia: All the time. I'm paranoid. I don't want to go out when it's dark. And it's sad I have a good reason to be paranoid.

BZ: It is a profoundly sad thing that half of our culture isn't able to go out at night alone.

Lia: Or dress the way they want or do anything. You know, you shouldn't go on a date unless you're arranging another ride home because date rapes are far too common. It's really terrifying to be a girl.

Mara: Something that I find that's really awful is how many of my friends have already been a victim of sexual abuse and how I never knew, and they never told me, because it's something that you don't say, that they're ashamed of, and that they don't know how to deal with. And I think that's really awful about the way we're brought up, that it's not OK to say that you've been a victim of something, because in some way, it must be your fault.

BZ: Before you pass the stick, tell me something about your home life.

Mara: All right. My parents are divorced and my dad is remarried. Actually, that was just, I guess, like five years ago now, so when I was in sixth grade.

BZ: You're an eleventh-grader?

Mara: Yeah. A junior at Community High School. So my mom is really very, very open-minded and really all my parents are, to some extent.

BZ: Your parents - do they both still live in Ann Arbor?

Mara: Yeah.

BZ: What do they do?

Mara: My dad is a carpenter. And my mom got her bachelor's degree in architecture and then is probably a few classes away from having her master's degree, but has never been able to go back and get it because she needs to support me and my sister. Actually, well, she designs kitchens right now, so she uses architecture, but it's not the way that I think that she would really have liked to, when she first started out, be using her skills. And she also sells real estate, you know, she's just trying to do whatever she can do that is not a horrible thing for her to do. She likes real estate, though. My dad's a carpenter, and my step mom is a fund-raiser for U of M. My sister is two years younger than I am. She just started ninth grade at Pioneer. We're very different, my sister and me.

BZ: Would a group like this be of interest to her?

Mara: Yeah, actually. She's expressed interest in it and I think she's really strong in some ways but then not as strong in some other ways. She doesn't really want to

stand out, particularly. But she's still really strong. Like, she was walking down the street one day, and she was just talking about something with her friends and some guy like randomly yelled out at her, and she just stuck her middle finger up at him and kept walking, and didn't even respond to what he was saying. Besides that, she didn't even think about it at all. So I think she's still really strong, even though her social atmosphere is a little bit different than mine.

Lyssa: One thing that I've been thinking about as we've been saying this is, the whole concept about body image and how we want to look and stuff like that. A lot of it reminds me of this conversation I had the other day in that, no matter what, one of the few instincts we have still as humans is this sexual instinct. And as much as we like to pretend that our dear, sweet twelve-year-old daughter is not at all thinking about sex ever, or anything like that, it's not true. [All laugh]. It's VERY not true. I think one thing I've heard a lot is the whole concept of, "you can't go out of the house in that because you're acting too provocatively wearing that." And I hate that so much, because it's OK for me to want to feel sexy, and to

feel like I look nice, and I feel like I do have a desirability about me, but without anyone acting upon that. That's the line that I think should be drawn.

BZ: That's nicely said.

Sian: Imagine somebody saying this about a guy: "You can't go out of the house without your shirt on - some woman won't be able to control her animal

"Yesterday, my dad told me that he read in an article that Ann Arbor is the number one place in the whole country for women to live because it's really, like, liberal, or whatever. I've lived in Ann Arbor my whole life and it's kind of scary to know that. I think there's sexism here, but how much is there going to be other places if this is supposedly the best place for women to live? It's a scary thought to go out into the world." - Ellen Woodworth

instincts, and she's going to jump you." I really can't see that.

ShuNahSii: Part of what we do in the theater work is bring to the public eye issues that the girls actually face in their lives, so last year at MYA, a lot of things came out in the open about some very difficult gender inequity and sexual harassment stuff that the girls were facing. And parents organized well, the girls organized well; there was a lot of discussion and controversy over the whole thing. But how it all started was that girls could supposedly not wear tank tops, because if they were wearing tank tops, their bra straps might show. These are 11, 12, and 13-year-old girls. And when the issue was brought to the administration, part of what was said was that, "and you guys can't wear that stuff in class. You can't wear tank tops, or you can't wear spaghetti straps or you can't wear stuff that would show too much of your arms or your skin because then the boys can't concentrate on their work." So just like what Lyssa is saying is that somehow, what I choose to wear makes me responsible for how the boys, in their learning environment or in my neighborhood or on the streets, will behave with me. And the boys themselves felt hugely insulted by that.

Lyssa: I think that's another interesting issue, especially because, as I mentioned earlier, some of my very closest friends are boys. The whole concept of women being harassed so much, and women being expected to dress a certain way or else they're being too sexy not only affects us in this horrible way, but on a minor level, also affects men a lot, because all of the sudden that labels them as always thinking of nothing but sex, and whenever they see a woman, they think of nothing but trying to harass her or something like that. And all of a sudden these young boys at age 12 and 13 are expected that they won't be able to do their schoolwork if the girl next to them is wearing a tank top. And it's an important thing to remember that by putting a stereotype on anyone to be a certain way, it not only affects that person, it affects everyone around you. Because everyone exists together. And you can't have just one side all of a sudden being bad or good or anything like that because really by hurting women, you hurt men, too.

ShuNahSii: As I hear Lyssa speak about that, I realize it's something that I hold dear in my heart. Again, reflecting back on the mythos by which we conduct our lives, and looking at what has happened to our planet, and to cultures across the world, as we have negated and silenced (even viciously at times (the female side of divinity and mythology and intelligence, I feel profound grief. I think it's quite obvious to anyone who is aware of history. There was a time when creation myth said that life came forth from the womb of the goddess, and there was reverence for the life-giving powers of menstruation and the woman's body and mothering and nurturing and

cultures in general were much gentler then, with the earth and with each other - (everybody experienced a more gentle existence. As the myths changed (now we look at classical Greece, and Athena being born by Zeus getting axed on the head. The stories started changing and stopped having anything to do with reality. The impact of those lying stories, or the silencing of the female mysteries and wisdom is brutal on us. We have ecological disaster on our hands, and have grown very numb to things happening on a regular basis which are atrocious.

I've talked about the momentum taking control. I think of a story in a book, *Daughters of Copper Woman*, by Anne Cameron, who lived among the Nootka people of British Columbia, the Vancouver islands, and she tells this story (it's a novel, but it's very much historical fiction (she tells the story of initial contact between the conquistadors and the native people in that part of the country. The native people are gathering, the conquistadors had been around already for a while, and they have their ideas, and they're imposing some of their ideas but not too brutally on the native people. That night the people are gathering around a fire for some grandmothers to tell a story, and one young girl is learning to weave baskets, and she wants to go out and gather rushes to show her other young friends how to weave baskets with her, while everyone's sitting there and the story's getting started.

While the girls are off doing this, the people who are gathered hear these terrifying screams. And they search and search until they find the girls, who have been raped and murdered. All of the people are shocked and are not allowed to respond hastily to the conquistadors. How she describes it in the book is that it shakes the center post of their reality; they never imagined that such a thing could happen in their wildest of nightmares (never, ever imagined that this could even be possible. And so, they could not respond hastily no matter how deep their pain or rage was. They organized. And even tribes who were at odds with each other all came together (all the people from the neighboring islands, all the people who lived there together, and they planned and they schemed and they waited until the appropriate time, and then they warred against the conquistadors, and they took them down (the first shifts of invaders who came. They had much less sophisticated weaponry, but their belief was so strong that they absolutely could not accept this ever becoming a part of their reality and they risked their lives to not let it happen. And when I read that story, it was astonishing to me. I just cried and cried because here were those two worldviews coming face to face with each other (one that said, "This is unacceptable. It's breaking sacred law." And the other culture which was so far from their own hearts that they were numb. But now it happens all the time.

"What I like about myself is . . . I think I'm pretty, and I don't mind telling people that."

— Sian Chivers

When I listen to the girls talk about their awareness of rape in the world, it's abstract, at first, but just last spring, one of the girls who attends Forsythe, one of the young girls, a seventh grader, was riding her bike in broad daylight, and some young man pulled his car over and asked for directions, and she answered him, and he held her at gun point and took her somewhere and raped her. And he did get caught because she was able to describe him clearly, and he is being prosecuted. But it wasn't abstract anymore. It wasn't just somebody out there. And my own daughter, who very much appreciates her

independence in these coming-of-age years, didn't want to be in the house alone or have the door closed to go to sleep. It was just so scary that this person who she passes in the halls is one of the people who lived through this.

Sian: Yeah. I had a friend, whose sister was going out with this guy, and they were really happy and stuff, and then he started to be kind of abusive, and would yell at her, and he started to hit her. And her sister was a strong girl. And she left him. And he started stalking her, and he was always around their house, and she couldn't go out of her house because he would be there, and she didn't get any support. They just said, "Just ignore him. He'll get over it." And it was really hard for me to see this friend of mine going through this (having this guy at her house all the time, and her sister was afraid to be in the house alone. It really affected me, because, after I saw that, I was like, "My God. I don't want to get in a relationship with a guy — look what could happen." Why would you even want to be close to one of them? It's so much easier to just be completely alone where you know you're not going to come after yourself.

Mara: I remember last year we did another performance at EMU or somewhere - anyway, there was a whole bunch of workshops going on, and there was a speaker there who said that part of the deal is that we need to educate the young men in our society, because it's taught to them that it's OK. I mean, it's obviously not OK, but certain things that are done in our society aren't addressed. Just like with us, we're being educated to be strong, to be ourselves. I think that the same thing can apply to young men, because it doesn't have to be part of being a man and having a relationship with a woman to be dominating or that kind of thing. I think education has to happen there, too.

BZ: Mara, who are your role models in this society?

Mara: It's really hard to say. I think people like ShuNahSii, just strong women. For some reason I really identify with women singers, because I find that, through music, they are able to make a lot of statements that are really true and that really express what they're feeling.

BZ: Can you name a few?

Mara: Ani DeFranco, Sarah McLaughlan, Tori Amos.

Ellen: That's a big thing (singers and ShuNahSii. I think for me, my mom, probably would be a role model. I guess another

singer I like a lot is Sheryl Crow. Singers because their music expresses a lot, and when you really listen to their lyrics of their songs, I can relate to a lot of the things that they say.

Sian: I'd have to say Ani DeFranco because she sings it like it is and doesn't pull her punches. ShuNahSii, because she's so brave and she's taught me so much. My mother and Beth because, even though it sometimes makes me feel left out, they really are trying to save the world, and the world needs it.

BZ: Beth is your mother's partner?



"When you're little kids, you forget to worry about the fact that girls are less or more - you forget to worry that a certain sexual orientation, a certain race, a certain gender - anything - is less or more. . . It's like we grew up and forgot how to be equal. We knew when we were little."

— Lyssa Sperlich, 16

Sian: Yeah. And Xena, because she kicks ass and is still sexy.

BZ: Who's Xena?

All together: Xena, Warrior Princess! [All cheer.]

Lia: I agree a lot with singers and female artists because you can express a lot in the mainstream world if you get a record contract, because then you're paid to say what you think, and it gets on the radio, and you get published. People have a hard time listening to what you're really saying, and they just like the tune, but if someone somewhere actually gets connected, it all makes it worth it, you know? Ani DeFranco and Tori Amos, Sarah McLaughlan - lots of people. Lots of women. And Sweet Honey in the Rock. I love that group. They're totally good. And I also like women writers, like Maya Angelou, because she's been through so much and she can still be honest about it, you know, and write about it. And Alice Walker. She's amazing - incredible. Angela Davis and a lot of women writers. I really appreciate their work.

Lyssa: Let's see. My mom, my little brother. His name is Cade and he's thirteen years old. And I'd have to say Willy Wonka. [All laugh].

BZ: Willy Wonka of Willy Wonka and the Chocolate Factory?

Lyssa: Yes. And Sir Didymus from the Labyrinth. [All laugh]. I'm not done. I'm very serious about all of this. Grover from Sesame Street. In fact, the entire cast of Sesame Street.

BZ: Bert and Ernie?

Lyssa: Bert and Ernie. Whether or not they're gay, I'm still not sure. Either way, they're still - rubber duckies, everything.

Interview with Five Girls Coming of Age and their Mentor, ShuNahSii Rose (continued)

BZ: Now, why Cade?

Lyssa: Cade because he ranks among the few people in the world who's taught me the most, and because he's been really close to me. Me and my brother are really, really close... Let's see.

BZ: Why the cast of Sesame Street?

Lyssa: Oh, because they were awesome. This is actually very relevant. I didn't obsessively watch Sesame Street. I watched it every now and then and I loved it a lot and stuff, but it was so awesome. When you're little kids, you forget to worry about the fact that girls are less or more - you forget to worry that a certain sexual orientation, a certain race, a certain gender - anything - is less or more. And you simply all count to ten with the Count. You simply all sing "Rubber Ducky" and all take baths and all play with Big Bird and no one cares. And Grover sits on the ledge and talks to black, white, girls, boys - all the little kids come and talk to him. And you know what? Everyone is OK with that. Everyone says, "Yay Sesame Street. What a wonderful thing." I think we should all be like four-year-olds.

BZ: It represents a time before all that nonsense?

Lyssa: Yeah. It's like we grew up and forgot how to be equal. We knew when we were little. But then we forgot, once we decided to start thinking. I don't know - it's not natural for us to put ourselves on different levels, and to put ourselves on different platforms.

BZ: A lot of energy gets dissipated in that process that wasn't there when you were six and eight and so on. You were going to go on to artists?

Lyssa: Yeah. Like Frieda Kahlo. And all sorts of artists - even like M. C. Escher. I like the illusions.

"I think as long as wherever I go, I have good friends, and I have a support system, and it's a decent situation, that's how I want to live."

— Mara Neering

Any way that people express themselves. Clearly. **BZ:** And why Frieda Kahlo?

Lyssa: Oh, because she did very powerful work - work that was done by a woman that illustrated things that happened to women, like abuse. And very graphically illustrates the kind of abuse that she went through, and the pains of it. And it's something that's just put out there. And here we are talking about it in an interview, and there's probably thousands of people across the country, not just here, that know of or at least have seen these works. And you can't just sort of ignore them once you see them. It's sort of an image that sticks in your mind, and so it's a very good way to get a message out there. And I admire people who can do that. So artists in general - just anyone who just freely expresses themselves in that way are people that I'd model myself after. And the cast of Stomp.

Mara: I think that role models for me are just people around me and people like anyone that I really come in contact with, because from every person you can see what's good and you can see what hasn't worked so well for them and take that and use it in your own life. I think that really what a lot of us have been saying is just people who have the strength to speak the truth are really good role models.

Lia: I forgot my mom, because she's wonderful, and if it weren't for her, I probably wouldn't be as strong as I am. Because my parents have always tried to tell me I should say what I think and I shouldn't put up with crap from people who don't think that I'm equal because I'm a girl or because I'm not white or because I don't happen to be a fifty-year-old white male professor who teaches college, but my opinion still counts. So I really appreciate both of them.

BZ: Lia, you and Lyssa - I haven't really asked about your family life yet. Will you tell us something?

Lia: Yeah. My parents are separated and my father is involved with another woman, and she's wonderful. And my mother's involved with another woman, and she's also wonderful. And they're not hostile towards each other and that really helps for me and my little sister, because we live in a loving environment, and it produces loving children. [All laugh].

BZ: And you go to what school?

Lia: I go to Hell on Earth School.

BZ: Hell on Earth School?

Lia: Middle Years Alternative - choke, choke on that word. It's inside of Forsythe. It might as well be Forsythe.

BZ: And you're in what grade?

Lia: Eighth. One more year.

Can't wait until I can run, run, run from that school.

Sian: Can I just say one thing more about role models? Diana. Not Diana the goddess, but Diana who first met me when I was two.

BZ: Who is Diana? Is she a friend of your mom's or something?

Sian: Yeah. She's one of my chosen family, and she's very important to me, because she always listens to me and either treats me like an adult when I want

to be treated like an adult, and lets me just be completely frivolous and childish and say, "Oh, I just love X - he's so cute! I'm so - ooh! Ooh! But don't tell my mother." And it's so fun to have someone to say, "I kissed this guy and don't tell my mom about it. I don't want her to know, but I want to tell a grown-up. I'm going to tell you!" It's always good to have an adult who's just somebody who loves you and who will listen to you and give you good advice when you need it, which is a lot of the time when you're a teenager.

BZ: ShuNahSii, your role models?

ShuNahSii: It would take up the rest of the interview. Well, it starts with my family: my grandmother and my mother - A pretty ruckus-y inner-city ethnic family. My grandmother was very deeply connected to her spirituality and taught me a lot about honoring my ancestors and as a child I had no idea how important that was going to be because I became the elder of my family at a very young age. And my mother, because she broke all stereotypes of what a woman was to be. So many women that I see now, including the women that I work with, have struggled with gender confusion because it wasn't womanly to be assertive, or it wasn't womanly to have untraditional interests. And my mother was the one who fixed the cars and the TV and, you know, hustled up money when things were falling short, and was really assertive. And she was a tiny woman (5'2"), but she would never let anybody cross an inappropriate boundary, and was kind of the defender. So I was raised primarily by those women.

Then I just fell in love with countless, countless



"Sometimes I feel like I'm the only one of my friends who hasn't collapsed into herself. And it's really sad."

— Lia Rose, 13

writers, and Sweet Honey in the Rock, and Ubaka Hill and Maya Angelou and Alice Walker and Anne Cameron and Marion Zimmer Bradley and on and on and on (the producers of the Michigan Women's Music Festival, and a number of my teachers at Chrysalis as a young girl, lots of goddesses and heroines. Basically I agree with what Mara said, that I find that what a role model is for me is someone who gives me the courage and the strength to keep doing what feels true to my heart. And that's usually someone who has the courage to speak the truth even against odds.

Lyssa: I'd like to add my daddy, too.

BZ: That's great, actually, because it takes us right into talking about your fathers, which I wanted to ask you each about. Lyssa, do you want to talk about your view of your father?

Lyssa: My mom is very open with me, like if I go out on a date she wants to know details. My dad hasn't talked to me like that like she has. My mom being a midwife, I got The Talk - "This is what sex is," when I was seven years old, to make sure I know what's up all the time. My dad, however, not relating completely in those ways with me because I'm a girl, talks to me in a different way. When I was ten years old, he wrote me this poem, and it was called, "Lie to Me." And it really confused me at first, but I understood it afterwards. What he did was he told me that there's no way he can expect that I will tell him every little detail about my life, or if I do something wrong, that I will definitely tell him. He says that the bottom line is that he just wants me to be happy. Doing something wrong once is twice as good as doing something wrong twice.

And he's always, always, always the most forgiving and gentle person. I think if I were to go do something that was completely unacceptable by a standard of my family, he'd probably be the first one to forgive me for it, in every sense of it. No one would hold me to it, in my family, but he would be the one to completely let it pass through, and not see me any different. And I like that a lot about him, and also the fact he philosophizes. That's our longest discussions - when we sit around at Subway or something after we go to karate, because my dad's been taking me to karate since I was seven, and I've now become a second degree black belt, and we talk about the ways of the world. He's very smart in general, but also very smart in the way that he knows how to communicate with me on a very unconventional level.

Sian: I wasn't really raised with my dad. I mean I know him, and I've always been visiting, but he hasn't



"Sometimes I go to parties and these girls that are in short little skirts and all this make-up, and they're not talking, they're not having fun, and when they dance they always are, it seems to me, holding back from what they really want to be. Maybe subconsciously, but they care about being sexy more than just having fun. I don't know if they really want to, or they don't want to, but I feel sorry for them because they miss out on a lot of things."

— Ellen Woodworth, 14

brought me up. He lives in Chicago now. Actually, he lived in Ypsi for a while, he lived in Detroit for a while, and he went back to Wales for a year (he's Welsh, and he came over here when I was born. He went back to Wales for a year, and I'm glad he didn't stay there, because even though I don't know him that well, I guess he is pretty important to me. I don't know (when people ask me how my relationship with my dad is, and they ask me that a lot, because ...

BZ: They're curious about it, I'm sure.

Sian: Yes, they're very curious about it. I never know what to say, because in a way, my dad drives me absolutely up the wall, and he drives me nuts, and

I just want to knock him over the head some days, because, first of all, I think he's in a way very repressive of his emotions. He doesn't have his emotions; he doesn't want me to have my emotions around him. He doesn't know what to do with kids. I find that my relationship with my dad is getting a lot better now

"And my father's always, always, always the most forgiving and gentle person. I think if I were to go do something that was completely unacceptable by a standard of my family, he'd probably be the first one to forgive me for it, in every sense of it. No one would hold me to it, in my family, but he would be the one to completely let it pass through, and not see me any different."

- Lyssa Sperlich

that I'm older. When I was little, he really didn't know what to do with me, so we basically went to see movies, I'd watch a lot of TV over there, and I don't think he was ever very aware of where I was. I mean, I'd be eight, and he was still putting on Sesame Street.

BZ: So, one part of you wants to knock him in the head. What's the other part?

Sian: The other part of me knows that the reason I want to knock him over the head is because I'm a lot like him in some ways. That I really don't want to have my emotions either. My mom can tell you that for the past few years - well, more last year than this year, I'd be like, "I don't want to go to Diana Circle! I hate Diana Circle! I'm not going! I hate it!" And then she'd drag me here, and I'd come back and be like, "Yes! It was so great! It was so fun!" Because I just don't want to face my emotions a lot of the time. It's just so much easier not to have them, and when I come here, I have to have them, because ShuNahSii won't let you get away with not.

But I have quite a search for my own role models in my life. Because much as I actually do love my dad, and he's important to me, and he has some really good qualities, he's not the person I want to be when I grow up. And he's not the person I want to find and marry when I eventually maybe marry a guy. And actually, it's funny (many teenagers who are gay worry about being gay, and they're afraid of it. I'm kind of afraid of being straight.

I was raised very much in the lesbian community, and I don't know that many successful straight couples. And I don't know what straight people do in their spare time. [All laugh]. Except from TV. And if the picture of straight people on TV is as accurate as the picture of gay people on TV, I really don't know anything. I'm keeping a list in my mind of guys who are my straight-guy models,

that there actually are good straight guys out there. And the two most important ones are Adam and Dre, the two sons of an important woman in our family, and they are great guys. I just adore them. And they're always willing to take me on as a little sister. I think they're 21 and 23 right now, and they take me out to the movies, and it's so fun for me. They're not adults yet, but they're not at the age where I have to think of them as sexual objects, like guys. They're very cool.

BZ: So the question of what straight couples do in their spare time is one you'll have to explore some more.

Sian: Yeah. I'm pretty sure they don't have potlucks and go to rituals and play softball.

ShuNahSii: I wouldn't be so sure.

Sian: Do they?

Lia: My dad kind of comes from a more traditional family. I mean, it's traditional physically, but it's really

screwed up. He's a little more conservative than my mom is. He has more difficulty expressing his feelings. Sometimes, he'll hold a grudge. And that kind of gets in the way of me telling him things, because I'm always afraid he'll judge me afterwards, and maybe he won't say anything to me about it, but there will always be this weirdness between us because I told him.

BZ: What do you value about your dad?

Lia: I enjoy his sense of humor a lot. Very cynical, like mine. And I appreciate his ability to see life from many different angles. Like not just from his point of view, necessarily, but being able to relate to lots of different people. I'll come home and be like, "That person is such a jerk!" and he'll be like, "Well, isn't it true that her parents just got divorced? Lia, you have to consider that her life might not be as easy as yours." And sometimes that really gets on my nerves too, but ...

BZ: You appreciate it as well.

Lia: Yeah. Most of the males that I know that are my age kind of are removed from themselves. The whole thing about being macho when you're growing up as a male is like getting to them now way more than it did last year.

BZ: Well, you know, if growing up is hard for young girls to go through at twelve and thirteen and fourteen, I think it's in very different ways excruciatingly hard for boys too. It was for me, as well. And we're so much more unconscious about our feelings, and so, we're taking on all this stuff without even knowing what we're taking on in a lot of ways.

Sian: That's so sad.

BZ: It is sad. Most adults, when asked, say that the years of twelve and thirteen, fourteen and fifteen (the junior high school years (are the years that they least want to re-live.

Lia: I will openly tell you that last year, I would rather go to hell than relive that year. Because it can't be too far off.

Sian: Like Ann LaMott said, I don't know how anyone could bring a child into this world knowing that they will have to go through the seventh and eighth grade.

Lia: I completely agree. And I think that the challenges differ from boy to girl, but they're not necessarily harder for either, you know? Because our media is set up in a way that you're expected to fit into little groups, depending on your age, your race, everything, and if you don't comply, something's wrong with you. You're abnormal, and they get you a shrink, and they give you little pamphlets, but they don't really want to deal with you.

BZ: I think the pressure to conform in many ways is greater at your age than at any other time in a lifetime.

Lia: Well, you don't really know who you are yet, so people are trying to push crap down your throat to make you what they want, instead of what you want you to be. So this is the vulnerable years where who you are is shaped by influences around you and many influences are not good ones, and it's really hard to resist them.

ShuNahSii: I'd like to speak to that notion of vulnerability and the pressure to conform during the teenage years. It's such a critical passage, and in earth-based



"Many teenagers who are gay worry about being gay, and they're afraid of it. I'm kind of afraid of being straight. I was raised very much in the lesbian community, and I don't know that many successful straight couples. And I don't know what straight people do in their spare time. Except from TV. And if the picture of straight people on TV is as accurate as the picture of gay people on TV, I really don't know anything."

— Sian Chivers, 16

cultures (the Native American, or Celtic, or African, really, if you go back far enough (this passage is treated as a miracle, where people are starting to come into their own, and in each of those cultures that I've embraced there's a version of what's called a "vision quest". For a girl, it would traditionally be at her first blood, and for a boy, it's a little bit more nebulous. But during these rite of passage years, they would be encouraged, communally, and socially, and ceremonially, to identify what their life purpose is. And the whole basis of tribal culture is that the child becoming an adult would be observed for what their gifts and natural inclinations were, and then be supported in the development of those gifts, and that they would be the authority about who they were to be among their people (what it was that they would offer. I think in our society, the pressure to conform is so extreme, because if it's successful that's when and where the spirit is broken. And many people live the rest of their lives in slumber.

BZ: Because if they are successful in conforming...

ShuNahSii: Yes, the spirit of individuation and purposeful life is broken, and so there may not be so much overt pressure to conform, because you've already, in a sense, acquiesced to live without fulfilling your purpose.

BZ: Ellen, would you talk about your relationship with your father, and talk a bit about boys at your age.

Ellen: My dad loves photography, and he loves taking pictures. And ever since I was born, he would take tons and tons of pictures of me. So I have many pictures and I guess that has helped form who I am today. I'm not exactly sure how that works, but I do enjoy having pictures taken of me

now, and it sort of made me feel special too, because there was always so many pictures of me. It was something that me and my dad did, something that would bond us together.

BZ: It almost sounds like you feel honored by his taking pictures of you.

Ellen: Yeah. My dad and me aren't extremely close. But I guess that's how my dad and me connect, and that's how we spend time together: by taking pictures.

BZ: I can relate to that. I couldn't talk to my dad about much of anything except his business. And so, from a very early age, that's what we would talk about. He'd come and pick me up after my little league games, and he wouldn't even ask me about that day's game, or about my school, or my friends, so I learned just to talk to him about his work. I learned to communicate with my dad where he could communicate with me.

Ellen: So, boys our age... I guess what I wanted to say has something to do with the whole tank top ordeal that ShuNahSii was talking about. One thing that happened is the girls made a very big deal about it. We wouldn't go to classes. We took it to the school board, and we actually took it to a mediation. It was pretty serious to us. But a lot of the guys didn't understand what we were doing. They just thought we were making such a big deal about it and it was just stupid. It really made me mad, some of the stuff that they would say, because it hurt. I thought a lot of my guy friends would support us, because I have some pretty close guy friends. If it was a big deal to us, I would think that, especially because it involved them, they might help us out, or they

might support us, but they just thought it was one of our little drama things, that we were doing it just to get attention, just to be loud. I don't know how to respond to that sort of thing. The teachers were against us, and then the guys were against us. So it was really hard.

Lia: It was really hurtful, because you expect your friends to support you when you need support. Thinking that they wouldn't be there for you when you needed them is like that T-shirt: "Injustice somewhere is a threat to justice everywhere." Wouldn't you think that your individuality would be threatened if we can't express ours? They didn't think about it as impacting anyone but themselves. They were really selfish.

Mara: I don't really remember a lot about when I was little with my dad, until I was four or something. All of my memories are after my parents divorced. So I don't remember anything about

when they were married. But I think my dad really tries to be fair in the way that he treats me and my sister, and really tries to consider the way that we're thinking about what's going on, like whether it was a fight with my mom or whatever was happening, he really tried to be fair to us and do whatever was best for us. Like now that I'm getting older, my dad's views on some issues are a little bit different than

mine are, and we have some really interesting discussions every once in a while about that stuff. For a while it was really hard to discuss some of that, I would be upset because I felt like my dad has more authority than I do on the issues, and so I felt like I wasn't equally able to express my opinion, and that it wasn't valid.

BZ: You might not have as many facts behind you, but you still had an opinion about it?

Mara: Right. But now, really, I think it's maybe changed in the way that both of us deal with it. For some reason, I used to get really frustrated and get really upset just in discussions that weren't really personal, but were just about something general. But now, we have a lot of discussions and he challenges my beliefs so that I can become either more strong in them, really believe in them more, or really understand what it is that I believe, or so that I can think about it a little bit more and maybe decide that I need more information on a certain issue.

BZ: So you appreciate his fairness and you also appreciate the way in which he respects your ground enough to be willing to challenge your points of view.

Mara: Yes. Yes. He really wants me to think about my beliefs and make sure that I'm making the right choices in my beliefs, and know that I have all of the information. Sort of recently, my dad and me haven't really been that close because it used to be just me and my sister and my dad. And then my dad got married. And really, my step mom has taken over a lot of the parenting, the basic day-to-day stuff, and so I haven't really been interacting with my dad on a really daily basis in the same way that I used to.

BZ: She's now taking the day-to-day responsibility, which means you're not as close, in a certain sense.

Mara: Right, because my step mom is really the one who drives us places and picks us up, so I talk to her about what's going on with school or what's going on with this stuff, because she kind of manages it all.

BZ: Yet the irony is he's still your dad.

Mara: And he sort of gets left out, I think. But recently because there have been some changes because, especially with my sister, it hasn't worked so well to have my step mom do all of the parenting. He's really starting to take more of a role in parenting, and really lately, I've been able to talk to him more about what's going on with me, and what's going on in school and that kind of thing.

BZ: Did you want to say anything about boys of your age?

Mara: It's hard for me to say, because for the longest time, I really didn't have any friends who were boys. I don't really have a real perspective on it.

Sian: When I was little, in kindergarten, and first, second, and third grade, I was friends with the guys because I had been encouraged to actually think and be active, instead of sitting around listening to other people, instead of playing dolls. I was really acting like a person, but there wasn't much distinction at the time. Then I got into middle school and high school,

"It's such a critical passage, and in earth-based cultures (the Native American, or Celtic, or African, really, if you go back far enough) this passage is treated as a miracle, where people are starting to come into their own, and in each of those cultures that I've embraced there's a version of what's called a "vision quest". For a girl, it would traditionally be at her first blood, and for a boy, it's a little bit more nebulous. But during these rite of passage years, they would be encouraged, communally, and socially, and ceremonially, to identify what their life purpose is."

- ShuNahSii

where all of the sudden you couldn't be friends with guys because sex was an issue. Not just physical sex, but also just they thought that you couldn't be friends with a guy, because what were they thinking about you all the time.

ShuNahSii: The concept of sex.

Sian: Yeah. And this year, I've actually really gotten a chance to be friends with a guy now that I'm in a

new school. I used to go to Ypsi, and now I'm going to Rudolf Steiner. It's good for me to have guy friends, because you get another whole point of view. Some guys don't deserve to be slammed and I slam them anyway because they're guys. I'm learning that not all guys are arrogant and boorish. Some guys really do understand me, and are really sweet, and I'm also working with the fact that they might not all be gay.

BZ: Lia, what do you really like about yourself, and what are some of your dreams for your life?

Lia: I've got my life planned out. [All laugh]. And it's all going to work because I am a good person. When I'm eighteen, I'm leaving this rat hole they like to call a town and heading off to somewhere where things happen. I don't enjoy the country, I'm a house cat, and I'm leaving here. I'm going to go to art school.



BZ: You're a house cat?

Lia: Yes. I don't like camping; I don't like getting dirty. I'm going to art school, and I'm going to become an artist. And whatever way I have to do whatever, I'm going make sacrifices, I'm going to get rich doing what I like because it's my dream, and it's all going to work. And I guess for now, I just have to prepare for that - that's when my life is really going to begin.

I like my hair, because it's curly. And I like my loud mouth because I think when I speak up, it shows a lot of other girls that you don't have to be quiet. Because, if you look at me, I can look traditional. I wear skirts, and I do my hair, and sometimes I wear make-up and stuff. And it shows girls that you don't have to be "freakish" to say what you think, and I say what I think when I want to say what I think. So I think I'm a good example, someone can open a door and then it's up to you to walk through it. I appreciate that about myself.

BZ: Thank you.

Sian: What I like about myself is I think I'm a good actress, I think I'm pretty, and I don't mind telling people that. I like the fact that I can appreciate books and Shakespeare and poetry. I'm not just ignorant. [Laughs]. I like that I'm somebody who can usually step up and say what I need to say. I think people need to hear what you think, because if you keep everything inside of you, you go insane.

What I want to do when I grow up is - I'm with Lia - I'm getting out of this tiny little rat hole town. I'm going to New York or San Francisco or somewhere big.

I'd love to be an actress, but I know that that's a really risky thing, and that's more chance than I'm willing to take with my life, because I want it to turn out good. So I'm going to take my talent with languages, which is the thing I should do, because it doesn't involve any math which is something I don't like very much [all laugh] not because it's something stereotypically that girls can't do, but just because I don't like it, and I'm going to learn Japanese, and I'm going to get lots of money for being a translator in Japan. And maybe when I've gotten enough money doing that, so that I can take care of myself for a while, I'll come back, and try to get famous. I want to be in movies. [All laugh].

Ellen: I guess one of the qualities that I adore about myself the most is that I'm a caring and understanding person and I can care and see innocence in anyone in the whole world. I can forgive people and I can understand. I'm not really sure how to explain it, but I don't really hate anybody. I'm really open to lots of different ways of life and things and all sorts of everything.

What I want to do when I grow up is - things that I enjoy are drama and theater and art and dancing and singing and writing. So maybe I'll do some art, write a couple of books, hopefully I'll be in some movies, TV shows, things like that. I'm not completely sure exactly what I want to do, but I know that I want to have a lot of the creative arts in my life.

Mara: I think something that I like about myself is that, especially at this point, I'm able to look at the other person's perspective and think of reasons why they might think that - I guess I'm open-minded.

BZ: That can get you into trouble, though, if you're too willing to look at the other person's point of view.

Mara: Yeah. I guess what I mean is like when I'm getting in arguments with people or when I have disagreements, I'm obviously going to stick to my view, but I'm willing to look at why they might think that, and look at my role in why they think that or my responsibility in the situation as well as what's their responsibility in the situation.

Lyssa: You carry a truly open mind.

Mara: Right.

Lyssa: I wish I did.

Mara: And a lot of the time it opens after the argument [All laugh]. But I still have the realization. And I think that the more I'm able to analyze the situation after arguments, I tell myself what's OK to do and what's not OK to do when you're dealing with other people to make them feel OK. And even to make myself feel OK, too, so that, through trying to defend myself, I don't make them feel bad. So that's what I like about myself.

BZ: What else do you like about yourself? That was just one thing that you elaborated on.

Mara: I don't know.

Lyssa: Your nose. It's so cute!

Sian: And you have really nice glasses.

BZ: Anyone else want to help Mara out with things that they like about her?

Sian: I like you because you listen to me even when I'm being loud and ranting and not making any sense. You pretend it's very important, even if it isn't. That's sometimes very good to hear.

Lia: I like you because you're ticklish, and I really enjoy tickling people.

ShuNahSii: One of the things, Mara, that I love about you is that you're a very deep listener, with all of your senses - not just your ears, but your eyes and your heart. I watch you take things in very deeply and notice a lot of details that might pass by other people and you think hard, often before you speak, but when you speak, you pack a punch.

Sian: You're very serious and it's good because we need balance between me and Lia, who sometimes lean towards the frivolous.

Lyssa: Also, Mara, not only do you listen really deeply, but also I've noticed that you can bring it back up. Not only do you take in what you pull out of listening and experiencing things around you, but you can also say, "This is what I've found from listening to it." And you have something to say. Also you've just also been forever striking me as one of the

"I think it needs to happen more often, that people have a place to go and a place where they can be themselves, a special place."

— Ellen Woodworth

kindest people I know.

Mara: Thanks. Yeah, so that's me now.

BZ: What are your dreams?

Mara: What I really want to do is make the earth OK, like heal the earth basically, and work for environmental justice. The environment has been, since I was really little, just something that really concerns me, and I think that I get inspiration from some of the songs that I've heard. They say that you have to have a purpose, and you have to do something and change the world, and I think that that's the way that I want to change the world - through environmental things.

Sian: I think you'd make a good doctor.

Mara: No, I don't want to be a doctor.

Sian: Not a medical doctor, like a psychiatrist or something, because you really listen and you're very sweet.

Mara: Mostly I see myself not necessarily married, and I don't really consider having a child. I don't really consider having money to be something that's that important to me. But I think as long as wherever I go, I have good friends, and I have a support system, and it's a decent situation, that's how I want to live.

BZ: Lyssa, what do you like about yourself?

Lyssa: I like that not only am I the manliest of all, and can beat anyone's butt down, because not only can I sword fight, and shoot archery, and have taken TaeKwon Do for eight years and will always win as long as I say so, I'm also probably one of the more feminine people I know. Because I'm also very cute. And, as much as I claim not to, I like it. I like that I'm always wanting to do more. I like that I have set outrageous goals for what I want to do and that I've set incredibly huge expectations for myself and that I'm always trying to fulfill them. And that I'm always laughing and smiling. I like that.

BZ: What are your dreams?

Lyssa: My dreams? I want to be a pirate. I want to be a good pirate, though. I don't want to steal from anybody. Have you ever read a really, really good children's book that you just read it and then you had to read it again, because it was so good? And it was maybe about two kids that got on a pirate ship and sailed around the world? And then the pirate ship turned into a space ship and they sailed through the stars for a while and then they came home and curled up and went to bed? That's what I want to do. That's really what I want to do. In seriousness, I think I might actually write children's books.

But I want to go out and get the inspiration for them. I don't want to just sit at home writing about these grand adventures in life (I want to go adventure them and then tell little kids about them. I want to understand little kids more, because I think a lot of what our society is, and who we are as people roots back to that in a lot of ways. I think I was talking about it a little bit earlier, too, but I want to make things good for them when they're little. For me, I'm impressed that I can say that now, "I'm not an angst

Interview with Five Girls Coming of Age and their Mentor, ShuNahSii Rose (continued)

teen - hurrah!" I want more people to be able to be fifteen years old and say, "I'm happy. I'm really happy." Because some people have all these great ideas and stuff, but they were never given the opportunity to do it. Well, here I am and I have the opportunity. I'm not going to let that slide by.

BZ: You're the only person I didn't ask about her family life. Do you want to talk about your family life?

Lyssa: A little bit I did.

"...Being raised by lesbians is a lot like being raised by wolves - nobody really expects very much of you. And it's true. People are so surprised that I'm so completely civilized. They expect me to be some kind of a crazy, crazy feminazi nut case wielding a gun trying to machine-gun men's genitalia and so forth."

- Sian Chivers

BZ: You talked about Cade.

Lyssa: We're really, really close. My family and I are all pretty eccentric when we get together. We have musical instruments all over the place. We have a piano and a drum set and Congo drums and a mandolin and a lap dulcimer and a banjo and two guitars, and they're all in our living room. It's crazy, and we run around insane, but that's because we connect really well with each other.

BZ: How many of you are there?

Lyssa: There's my dad and my mom and me and my brother. It's really an amazing situation, and recently the only problem that ever erupts is they're having a hard time with me growing up. And a lot of it is because right now, for the first time ever, I'm in a serious relationship with somebody. I have this

"You know, you shouldn't go on a date unless you're arranging another ride home because date rapes are far too common. It's really terrifying to be a girl."

- Lia Rose

boyfriend, so I'm not spending as much time at home. So it's like, every time I walk in the door, it's, "Lyssa, you never spend any time with us anymore," and it's a never-ending guilt trip.

BZ: It must be hard for the three of them.

Lyssa: It must be really hard. I'm working on finding this balance right now. He spends a lot of time playing with me and my brother in the basement. The three of us play video games together. In fact, he came to South Manitou and camped with my family. It's a new thing. I can't let something that's new, but also very important to me, knock out something that has always been so important to me. You can't throw a pebble at a mountain and make the mountain fall down. Both are made of stone, but one's been there longer. And my family is probably the most wonderful thing I have.

Children's books are a big metaphor in my life. I have this whole situation set up of what I call 'Storybook Twelve'. All the stories you read about are good movies like *Stand By Me* and stuff where all

of the kids are twelve years old and that summer they go out with all of their friends and they're just totally on their own, and they're going off on all these wild adventures, and their parents just let them, yet they're still innocent enough that they're not going off and using drugs and sex on these adventures (it's innocent, in a way).

But it's 'Storybook Twelve', because it doesn't really exist for anyone. I don't know anyone who had a twelfth summer like that. But if I didn't get that when I'm twelve, why can't I live that the rest of my life? 'Storybook Twelve' is a term that can apply to any age, and I want it to. And I don't know what I'm going to do with my life exactly. A lot of adventure. I always thought that I would never get married, because I've always been very into the whole independence thing (like how could I ever do anything that would even resemble settling down? Like I

never imagined that, but hey, I like this boy. He'd never settle down either. So I guess we can be pirates together.

Sian: Your talking about your family made me realize that I talked about my family only as it relates to me. And that being that I'm a teenager, that would be typical to people, but I usually hold myself to a higher standard. I'm also obligated to point out that my family is terribly important to me. We have our fights and our arguments, and especially when it comes to dishes (you can't tell anyone in my house to do dishes without starting an argument that will last for a week. Well, not a whole week, but a day. But in a way I get along so much better with my family than any of my friends. And it seems really ironic to me that Anna's parents said that our family was wrong and sick, when Anna hates her parents and is going out and stealing things and getting into shoplifting and drugs and sex, just to one-up her parents. Whereas our family, which is supposedly unnatural and evil, is really close-knit, and we love each other, even though we drive each other crazy, and I'm so like my mother, it's actually kind of frightening to me, in a good way, to know that I'm just like my mother was at my age - (did you hear that, Mom? She's in the other room now).

Sian's mom: I'm not listening (I'm reading).

Sian: And we're just really important to each other and especially (do you know about the campaign that was going on in Ypsi?

BZ: Yes. In fact, I wanted to ask about that.

Sian: Beth, my other mother, was co-managing the campaign. She actually just won all of these awards for it, and I'm very proud of her, but it was quite hard on us and quite a strain. I did some data entry for the campaign, I would enter in from the phone bank people they had called and what people had said, and I would find parents of my friends in there, saying things that were just unreal to me (and they would say that they would vote in an instant to take down this human rights ordinance just because it was going to give protection to gays and lesbians. And that was scary).

It just made me realize I always have taken my family for granted, that it's always been, to me, just as natural as anything else. But now I see that I'm really lucky. Because I was raised in this family, I'm really open-minded and I see what it's like (how other people hurt you, so I really work hard not to hurt anyone else, and even if sometimes I can be stubborn

and judgmental in different ways, at least I can see that everybody gets a fair chance, and that you just can't judge somebody by the first thing you see about them.

BZ: I think the time is probably running out in terms of people coming to get picked up and stuff like that. I had a few other questions, and maybe what I'll do with them is just put them out there and see if anyone in the group has anything to say about them, and then I want to give ShuNahSii a last word in terms of any comments or parting thoughts you might have. I have two current events questions, because I think that they're always interesting for readers. They place an interview in time, and also reflect a point in time, and anyone who wants to say anything about them, can. I was interested to know how any of you might be feeling about Monica Lewinsky and Hillary Clinton and Bill Clinton, and I'm also really interested in knowing how people feel about the murder of Matthew Shepherd in Wyoming. So this part can be for anyone who has something to say about this, just take the talking stick.

Lia: On the murder subject: I hadn't heard about it until I was at a dance last night with my family, and it was a gay and lesbian benefit dance. They asked at one point in the dance for a moment of silence to honor his death, and give our grievances, and I got really sick. I almost threw up, because I started picturing it (why would someone be tortured for not being like everybody else? I wanted to vomit. It was so terrible. And all of the sudden I want to get really big, like gigantic, and go everywhere and stop injustice everywhere, and be able to stride from China to here in one step, and pick up all of the bad people and push them. It sounds really silly, but I wanted to end it now. Because I couldn't comprehend it (it was out of my league that that could happen to somebody. At some point, everybody's innocence is shattered, but why should it be?

Sian: First, the easy and clear-cut one: Monica Lewinsky. If we impeached every member of congress who had an affair or had a blowjob from somebody who is not his wife, we would have nobody in the damn building. I am sick to death of hearing about it. He's only going to be in office for two more years anyway, and if they care so much about that, they should start looking at their own lives, and their own hatred. I mean, sure, he's a slime ball, but he's not any slimmer than any of them, in fact he's less slimy than most of them (I mean he's not Newt Gingrich, leaving his wife on her cancer death bed).

So, now on to the hard one. I guess that this murder of Matthew Shepherd is really, really scary to me, for my family and everything because, first of all, I see how lucky we were to make it through that campaign, with Beth being so visible and on the news every night and in the paper every day, fighting against this whole huge section of the city, and how lucky we were that we didn't end up with a bomb on

"It doesn't have to be part of being a man and having a relationship with a woman to be dominating. I think education has to happen there, too."

— Mara Neering

our front porch or ...

BZ: Sian, why do you think that this particular murder really captured the American people when anti-gay violence takes place a lot? Why did this event capture the imagination of people?

Sian: I think imagination is kind of a grisly word for it.

BZ: Yeah, you're right. Captured the interest of the American people in a positive way?

Sian: The naive, idealistic part of me would like to

think that it's because the people are understanding this issue, and they're going to start to see that there's a thing going on as homophobia, and that people like me and my family, even though we try to ignore it, are living in danger. It terrifies me that that could just have easily been my mother. She's even more afraid, and it's frightening to me, and I think that the reason it captured everyone, is just because it's so (I don't know, but I'm hoping that it's because people are that there's things that we need to change. But then, on the other hand, just because Martin Luther King got assassinated doesn't mean that racism ended. It's not done, but maybe it's better.

Even if he wasn't gay, if he was perceived as gay, they would have done the same thing. People see me as a lesbian because my parents are gay. I think for the first time, people, even straight people, are starting to see it as, "That could have been me." Or someone I love. All these people who think they don't know a gay person are wrong. Everybody knows a gay person, whether they like it or not, because statistically speaking, 10% of the population is gay (at least that's how many people admit it. So people just have to stop and think that this could be them, and that they've got to be the first step. If everyone were the first step, there wouldn't need to be any more steps.

Yssa: Well. This Matthew Shepherd thing - I think has been picked out because this is such an issue

"I've got my life planned out. And it's all going to work because I am a good person."

- Lia Rose

Now, some sort of awareness is starting to be raised now. It's terrible that it happened, but that it's being perceived as a big shocking issue means that at least we're coming from the right spot. It hit kind of close to me, because back when I was in seventh grade, the first girlfriend I had, all of the sudden everybody noticed, "Oh look! There's a lesbian in our school." And then a bunch of kids who didn't like me anyway threatened to beat me up, because I had a girlfriend. And I was so, so not scared by it, because I knew that I could actually defend myself, but that was really terrifying, the fact that somebody wanted to beat me up because I wasn't straight. And just the fact that this guy just got killed because of it, it was just a little bit too much reality. Reality isn't very nice all of the time. Most of the time, actually.

On a very different note, it's funny the two examples that you asked us to talk about. The whole Monica Lewinsky case is so much non-reality. I got sick of it after the first month. It wouldn't end, and it's because, as people know, today, we need something to be wrong so much, or else we don't feel content. When there was war and depression in our country, everybody sang songs about love and happiness and everything. And now that borders are safe, no war is going on directly involving us, no one's being drafted right now or anything, all our music is pretty angsty. It's kind of sad. We're all trying to be depressed all of the time. It's like we need something to complain about. And if all of the sudden, we can complain about our president, well, by golly, we will.

And it's so not real, whereas something like somebody being murdered because of their sexual orientation all of the sudden, that's too real. That's more than just harassing somebody or disliking somebody or being homophobic. That's murdering. It's a really bad, powerful statement.

Ellen: Talking about Bill Clinton and Monica Lewinsky.

BZ: And Hillary Clinton, if you would like.

Sian: I think she should kick him out of the White House and take over.

Ellen: That whole ordeal. I don't really have a big opinion on that whole thing. I just basically think they've made it way too big of a deal, and I don't think that he should be impeached, and I think that's something that should be dealt with personally, and not worldwide. I guess I know it sounds cheesy, but I think that as long as people can be helpful members of society, and the society can function as a whole, that whatever you do behind closed doors is your own personal thing.

Mara: I don't think Monica Lewinsky is obviously the best person, but I think a lot of the stereotypes and stuff that goes into that get on my nerves a little bit. People call her like a ho and a whore and I don't know, it's just really intense. And really it's none of their business in the first place. She didn't do anything to these people for them to call her any names like that. Some of the judgments that people will make about the issue really bug me. Because I really don't like those words. And they're really accepted in this case, for people to use anywhere.

Lia: A lot of times a term that's used with women who are pursuing their dreams in an executive position, is "they're sleeping to the top", and that really pisses me off, because you don't have to sleep with everybody to succeed. And you don't have to be some virgin to be good. I really hate those words: ho, whore and slut, because they are used too liberally for things that shouldn't apply to their meaning. I don't think it's any of our business, either. He's kind of stupid to do that to his wife and his child, because obviously it's going to go to the worldwide press, and they're going to get harassed, too, but it shouldn't go worldwide. And I don't think it has anything to do with her. He's the President of the United States.

Sian: First of all, I'm not letting him off the hook for this, I'm not saying that it's all right for him to have done it, I'm just saying that it's not the business of the world, it's the business of his wife, who ought to totally kick his ass because not only did he totally expose her and their child, but he did it to the entire world. If I had a husband and he did that to me, just on the basis of now the whole neighborhood knows, I would be angry, let alone the entire planet. Because, what is that doing to her? Nobody even thinks about that. They're so busy about, "Oh did he or did he not do it with his intern." It's not important to me. The country is more or less running pretty well, as a country. As a people, we're still pretty screwed up, but the country is going pretty solid. We're not at war. The economy is good. There's lots of work. I think the people have got to start thinking about important issues like this murder and racism and sexism, and stop thinking about the President's sex life. It's totally ridiculous.

BZ: In two and a half hours it's really hard with six people to do more than just begin to skim the surface of people's feelings and thoughts about the culture, and about yourselves. I appreciate very much your taking the time to participate in this interview for The Crazy Wisdom Calendar. We will try to do our very best to try to capture the spirit of the conversation, which is not always easy to do in print. ShuNahSii, I wanted to just give you some chance to say anything you want, or reflect on some things (you are great at summarizing and distilling, so if you want to take a stab at any aspect of what we've been discussing, or if you have some final thoughts, I'd like to hear them.

ShuNahSii: As a young woman coming up in inner city Chicago, I found a small alternative high school

for the last two years of my schooling. The name of that school was Chrysalis Learning Community, and in that environment, I began to learn many of the things that form the foundation for the work I do in our community now. It was as the years unfolded that I began to realize the profound impact that Chrysalis had on my life. I had access to honest information, real mentors and support finding my way to resources in the community that might be of interest in the pursuit of my dreams. I was encouraged to become my fullest and boldest self.

After years of teaching women professionally, I

"I don't like pink. Pink bugs me."

— Sian Chivers

learned that many women suffer their hardest blows in the coming-of-age years, and, like Mary Pipher says, start to develop the chasm between their true and false selves. I decided to work with girls to spare them some of the suffering and lost time that these women must reconcile as they come to consciousness.

BZ: Save them from some of the lost time... because if it takes twenty years to get back to it in therapy, that's a lot of lost time.

ShuNahSii: I meet women who are fifty years old who are just now grieving that they didn't know how to choose the course of their lives with themselves in mind. That breaks my heart, and makes me aware of the contrast in my own life. Even in very adverse circumstances in inner city Chicago, because I was offered the space to know myself, I chose myself. This is truly a miracle and I believe it was given to me, because it would someday be my job to give it back to my people. I called the girls together in my living room, and it's been such an honor to learn from them, and to use my resources to open doors for their voices to reach people.

People ask me all the time, "ShuNahSii, why do you do this work?" Largely because I really love these children. Everywhere that I go I look at the children and they seem like a gift to me. I feel like, as their elders, we have a long way to go before we have something to offer them, to hand them, as the next generation, that we can really feel honored to pass on. I don't want to hand them a mess. And I know that it's a long haul, but I do this work because I have to. Plus they're just so much fun.

Girl: We're cute too.

ShuNahSii: They are so cute. And they're so smart, and after a couple of years we'd definitely outgrown my living room. Society needs to hear and heed the voices of our young women, and that's the work we're doing now. At EMU, at Michigan Women's Musical Festival, here in town, the girls and I speak, teach and perform. And it is amazing to witness the contrast between these girls and other girls their same age who don't have something like this in their lives on a regular basis. They are leaders and they seem to be able to jump start other girls, get them thinking, speaking and more able to stand up for their own rights and express their views.

BZ: Stand up for their own self-expression, for their own integrity.

ShuNahSii: Yes.

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(The Crazy Wisdom Interview was transcribed and primarily edited by Abbie Stahlin.)

Nutrition Bites

By Susan E. Weiss

DEAR NUTRITION BITES: I usually drink about 10-12 cups of water per day. My mother says that drinking too much water is bad for me and that I'll flood my kidneys. Is this true?

My dear girl. Aren't mothers wonderful? Sharing with their offspring their personally slanted view of the world. Think of some of the other things your mother may have told you: It's as easy to marry a rich man as a poor man, there is a Santa Claus, men will not buy the cow if they can get the milk for free. Of course your mother may have also urged you: always pack a clean tissue and 20 bucks for a cab. That was good advice.

My mother used to tell me that with their high sugar content, carrots were too fattening to eat. But she also told me that when squirrels twitched their tails it meant they had rabies. For 30 years I was terrified to get within 50 feet of one of those little twitching beasts.

The truth about kidneys? A pair of bean shaped organs located in the central region of the back, their function is to separate water and waste products of metabolism from the blood and excrete them as urine through the bladder. Most health experts advise adults to drink about eight, 8 ounce cups of water per day, more if they are very active, or if they live in a very warm climate.

Drinking lots of water can't hurt you, your body will simply get rid of what it doesn't need.

I've never personally known anyone who flooded their kidneys by drinking too much water, but once, while standing in line at the grocery store, I did happen to open a "newspaper" and see a story about a woman who drank 50 gallons of water in one day. She died. (Not from the water itself, but from the depletion and dilution of sodium in her body fluids.) This, of course, was a fluke.

Remember, all things in moderation. Never eat, drink, or marry anything larger than say, a '68 Volkswagen Bus.

Remember, all things in moderation.
Never eat, drink, or marry anything
larger than say, a '68 Volkswagen Bus.

DEAR NUTRITION BITES: I suffer from migraine headaches. I read somewhere that chocolate can cause these, but I'm addicted to the stuff. What can I do?

Why is it that everything that makes us melt with passion, everything that bubbles our blood, curls our lower lip, is bad?

Chocolate, long considered a female substitute for sex, has been blamed for much. When I was a teenager, chocolate, falsely (and unfairly) accused for acne, was banished from my diet. I suffered years and years of traumatic deprivation. Of course I still had a face full of zits, but additionally, I developed a really bad attitude. Perhaps I wouldn't have run away to join the circus and become the Amazing Pretzel Woman if my parents had given me just one daily square of bittersweet. Perhaps today I would merely have brown smears around my mouth and on my fingers, not my feet permanently affixed to my neck.

Currently there is good news about chocolate. First, a brand new study at the University of Pittsburgh lets chocolate off the hook as a headache inducer in women. This includes women with chronic migraines. Also, chocolate does provide some nutrition: calcium, potassium, riboflavin, niacin, Vitamin A, and tryptophan. This combination of vitamins, minerals, and amino acids may be responsible for that yummy feeling, similar to love that we experience after a Toblerone tryst. Also, a chemical called phenol, present in chocolate (and wine) has been shown to be useful in fighting heart disease.

Try this: Buy the richest, darkest, sexiest 1 oz. piece of chocolate you can

find. Choose a day when you are not premenstrual, when you have not had anything unusual in your diet, when you are not massively stressed out (I know, this is when you need the stuff most.) Sit. Chew. Savor. Body feedback says? Ecstasy? Agony? It's possible that having chocolate in combination with certain

When it comes to nutrition, one size definitely does not fit all. What works for your friends may not work for you.

other foods may trigger headaches. Experiment.

Can you get the chocolate lift without chocolate? Carob is considered a substitute for chocolate, but it doesn't do a thing for me. Your only other option fall in love, or, if that would be immoral, illegal, or simply inconvenient, close your blinds, drape your gorgeous self in a red silk robe, dab 4 favorite erogenous zones with perfume, lie back on a supportive sofa, carefully wrap your feet around your neck.

DEAR NUTRITION BITES: I'm slim and healthy, but every time one of my friends tries a new diet, I feel I have to try it too. Now my friends want to try The Zone Diet. What do you think?

You're probably too young to remember, but there was another time, a starchless lonely time, before the eighties, before the era of fit or fat, before the legalization of carboloading, when we gathered around our ovens like cavepeople mesmerized by animal parts roasting, waiting to sit down to our plates anchored huge, pink slabs of meat, uncrowded by a spoonful of peas.

I entered The Zone on the recommendation of a friend, a woman with the metabolism of Martha Stewart, but not the style, who, after her own conversion, became a ranting Zone zealot. One day, as I sat bloated, listlessly shoving dinosaur noodles into my mouth, my plate piled so high I could barely see over it, the image of her svelte body and irritating high energy insisted itself into my brain. Still, I was Zone shy. For two decades I'd rejoiced in a carbohydrate heaven, feasted on an unlimited supply of my favorite drugs: fat free muffins and chips, pasta, potatoes, bread.

I clutched a bagel to my breast. What kind of creep would ask me to live my carbohydrates? What kind of cruel man would call pasta unfavorable?

My husband and I entered The Zone together. I spent the first few days on the diet dehydrating, but the hours in the bathroom passed quickly and paid off. After one week I discovered, beneath my pasta-puffed belly, a flat tummy, even few muscles. I tucked in blouses, I could still breathe. The down side? I was grumpy, shaky, irritable. Even with my prescribed portion of 6 peanuts a day, I snapped at the dog, reprimanded my husband. He, annoyingly, felt great.

By the third week, I was ready to bail. "I can't do this," I said, plunging my fork into a serving bowl of buttered linguine.

"You're just antsy," my husband said, "Go take a walk."

"You're just a pain in the ass," I raised my fork towards the back of his head, lowered it in a series of stabbing motions.

Why didn't I listen to my body? It told me clearly, I hate this, I need more carbs or I'll make your life and everyone else's miserable.

The moral: When it comes to nutrition, one size definitely does not fit all. What works for your friends may not work for you. Go with the style of eating your body likes, the fuels, the foods it does best with. Don't worry about what the "experts" say; everyday they change their minds.

When you're hungry, eat; when you're tired, sleep; when you want a bagel, you go girl.

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The Stillest Day

Reviewed by Sarah Newland



The Stillest Day by Josephine Hart (\$23.95, The Overlook Press, 1998)

Josephine Hart, an Irish author of three previous novels, exhibits tremendous skill in creating stories of people's lives that transfix, repel, and captivate simultaneously. She writes dreamscapes of which you can never be quite sure what is real. Her well-developed and unusual characters intrigue with blind obsession, reckless abandon, and fatal choices. Her prose is intelligent and often unexpectedly poetic and lyrical, with short phrases linking disparate images in beautiful ways. Her novels are painful to

read because of the disturbing circumstances she creates, and because she presents the dark places of the psyche where we can all potentially find pieces of ourselves. Having read *Damage* and *Sin* previously, I was eager to read her newest novel.

The Stillest Day takes place sometime in the past when village life in Europe was simple and expected. People understood their roles in the community and lived by them. Bethesda Barnet, a teacher and artist, is a young woman content to take care of her invalid mother, until the arrival of a stranger changes the course of every aspect of her life. She becomes a woman obsessed, finding her God and losing her self within the face of a man that cannot be hers. *From then on, my body and my soul seemed to separate, my soul to go about its secret worship, my body, a lonely entity, left to thread its well-worn path through the known hours of my known days.* The story builds to a violent event taking place on the stillest day, a moment not in Bethesda's control, when her life cannot be recovered.

As hoped for, *The Stillest Day* is original, disturbing, and unexpected, and it held me enough to read it in one day. I found the relationship between mother and daughter as well as the references to Bethesda's art to be as intriguing as her obsession. The characters elicit compassion and empathy throughout, the ending is strong and tragic, and Hart once again conveys the balance between love and hate, truth and lies, and good and evil. However, despite its psychological exploration and insight, it lacks the power and depth of *Damage*, the author's first novel. Although Hart's style still draws you in, the tension isn't powerful enough to compare to her original work. *The Stillest Day* takes 100 pages (half the book) to reach a space of surprise. After that, the story becomes interesting, shocking, and in some ways horrifying, but you have to have the patience to get there. Even though it is a satisfying novel, *The Stillest Day* lacks a small measure of the immense brilliance hoped for from Josephine Hart.

Michael Andes on Tantra and Sexuality

(Editor's Note: We recently received our first Letter to the Editor, from local therapist Michael Andes. It is a letter written in response to *The Crazy Wisdom Interview* with Khepa and Acala of Crazy Cloud Hermitage, which was published in the May-August 1998 issue of *The Calendar*. We welcome letters!)

September 15, 1998

Dear Bill,

This letter is my belated response to some things said about sexuality by Khepa and Acala in your interview, published in the May-August issue of *The Crazy Wisdom Calendar*. I object to the forced choice and false dichotomy between sexuality and spirituality. Sexuality is a complex realm. The meanings attached to the word itself are varied and often contradictory. (President Clinton's redefining of what is and is not sex is an almost but, alas, not quite humorous example of this.)

Specifically, I take issue with the version of "Tantra" that was presented by this couple in their conversation with you. At one point Acala mentions: There are great Tantric masters who use sexuality as a skillful means towards liberating their students. I was glad to see that mentioned.

In response to your questions about the relationship between Tantra and sex, however, the following phrases appear: ultimate orgasm; secret of the extended orgasm; "new age soft core porn"; reducing it to Kama Sutra sex positions; nothing, nothing to do . . . [with sex]; not a better orgasm; infinite grasping to titillation; fretful grasping for the better orgasm; sex workshop stuff; buying and selling of momentary experiences.

In my opinion, this kind of language demeans human sexuality. One could argue that Tantra has everything to do with sex. . . and that sexuality, whatever it is, or is not, it should not be regarded as the straw man/woman presented to us by Khepa and Acala. It is commonplace to debase sexuality and then to claim that "real" spiritual work has nothing to do with sex.

I claim that Tantra is also, and always has been, about liberation through connection with another being: the act of loving, incarnate, sexual intercourse with a partner. The point of sexual embrace is not titillation, bigger/better orgasms, or momentary experiences. Indeed, orgasm (in the sense that most of us have experienced it most of the time) is not the point at all. The point is union ("yoga") and connection as one path (out of many) toward enlightenment.

I suggest that embodied sexual expression can be a profound and exalted means to the reconciliation and balancing of the polar opposites: Male and Female, God and Goddess energies. This is what some Tantric masters teach and it is a

practice to which Khepa and Acala give short shrift, choosing instead to take a condescending and narrow position, offering their path as the spiritual high road.

The Japanese Zen monk Ikkyu (1394-1481) who was called "Crazy Cloud," wrote several poems about his lover, a woman named Mori:

" . . . Night after night, we two lovebirds snuggle on the meditation platform, lost in dalliance, intimate talk, and orgasmic bliss."

This is one example of spiritually embodied sexuality, or sexually embodied spirituality. These are not made distinct from one another. Orgasms right there on the meditation platform! I think Khepa and Acala, on the other hand, basically offer us another version of traditional American Puritanism: pleasure is a dangerous thing; embodied, earth-bound, human (From *humus*, "earth") experience is to be distrusted. Soul is traded in for spirit. The implication in their remarks, as I interpret them, is that sexuality can and should be circumvented, if at all possible, so we can get on with our true, somehow "higher" spiritual work. Yes, sexuality can be and is expressed in hurtful ways. But to suggest that it is a lesser form of expression is like advising people to stay away from all green plants because poison ivy is a green plant. Khepa tells us that "Psychotherapy is an attempt to be successful within the human realm. And Tantra liberates us . . . into the mystery of enlightenment." It appears, from this kind of remark, that enlightenment is not possible within the human realm, the psychotherapeutic realm where sexuality lives and flourishes. Is he telling us that in the human realm, mystery and liberation are absent?

We are being told by a self-described spiritual master (though Acala describes them both as being "entirely novices") that active human sexual expression and enlightenment are basically antithetical. Yet the possibility of the integration of fully explored sexuality and fully explored spirituality is universally present here and now. It is visibly portrayed in the world's great art: the Kangra paintings and temple carvings of India, Japanese woodcuts and painting, the poetry of countless lovers, "instructional" belly dancing, and so on. It is present in sacred Native American teachings: the Phoenix Fire Man/Woman and the symbology of their ceremonies. These traditions of the integration of sexual expression into spiritual lives of balance and harmony went without mention in your interview.

Instead, we are once again asked to accept an "either/or" about sexuality and spirituality: that false dichotomy paraded as a higher spiritual truth. Their separation of spirituality from sexuality is a reiteration and extension of that falsehood. It is a disservice to both spirit and sex.

Michael Andes
Ann Arbor, Michigan

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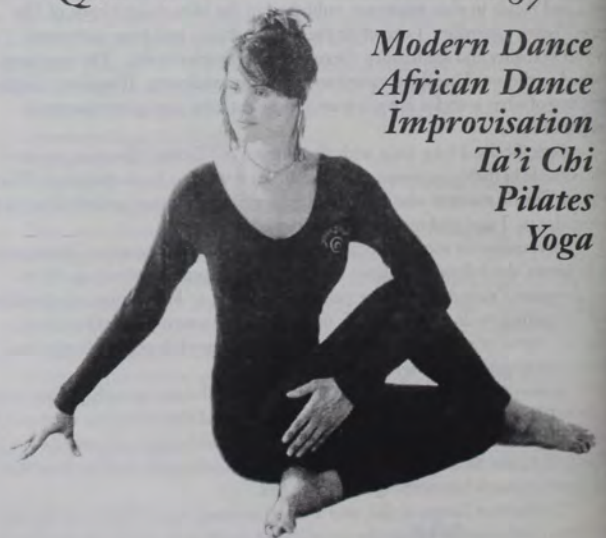
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ISSUE NO.12

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MAY THROUGH AUGUST 1999

~The Crazy Wisdom Interview~

Dharma Teacher Barbara Brodsky on Meditation
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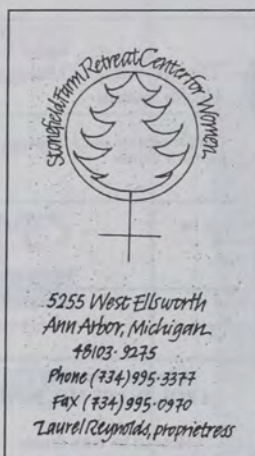
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Arrival!

Spring has arrived in Ann Arbor, and we've arrived as well, at our new home at 114 South Main Street. We closed the old store for the last time on Easter Sunday, and began to pack and move on Monday, April 5th. Sixteen or seventeen current and former staffers, and other friends of the store, helped during that week to pack 350 boxes, and then to unpack them at the new store and get us ready to open for business on Friday, April 9th. Custom woodworker Artemas Clark pulled an all-nighter to complete enough of his mahogany staircase to satisfy the City inspectors. And in a leap of faith, Tea Room Manager Meghan Lewis ordered food for the Tea Room's opening weekend. The City said "fine job" and we opened for business.

We have been overwhelmed and delighted by the community response to the new store. We've been traveling in a dark tunnel for months now, unsure of our footing and incapable of seeing beyond the next bend. Suddenly, we reached daylight, and how brilliant and sparkling it is!

We have had a hell of a job fixing up this old building we will now call our home. There is a photo spread on pages 8 and 9 of this issue showing the building "before" and "after" – but the "before" pictures don't do justice to the state of the 2nd floor, which hadn't been in use for more than fifty years. Fixing up an old building is thankless, usually, but in this case it has not been. So many of our long-time customers have come up to us and told us how "good the store feels" and how lovely it is, that the memories of renovation angst are already dissipating. The cost overruns, the myriad details, the choices and choices and more choices, the necessity for constant vigilance during construction, the design quandaries – all of that begins to fall away in the glow of community acceptance and appreciation.

So, then, we want to use the remainder of this space to thank some people who helped actualize the new Crazy Wisdom Bookstore and Tea Room. First, we want to thank Royal Oak retail designer John Winters, who was a friend to us, and held our hands every step of the way. He got many of the important things just right. Second, we want to thank Nick Shanks and Phil Slack and Bill Kinley of Phoenix Contractors, and the Phoenix sub-contractors. Nick oversaw the construction from the very first day of demolition and is still around doing punch list items. He knows this building backwards and forwards, and we thank him and all the other tradespeople for their hard work. And Phil Slack worked with us in a reasonable and effective fashion through all the planning, bidding and construction stages. We also appreciate our Architect, Lorri Sipes, for her goodwill, and for her design skills and businesslike oversight of the whole process.

Custom woodworkers Harold Kirchen, Artemas Clark, Phil Diem, John Gould, Dan Orcutt, Steve Kronenberg and Jonathan Tyman are much of the reason the new space feels so welcoming and so special. Harold Kirchen, with the assistance of John Gould, built all the wonderfully detailed cherry bookcases around the store. Artemas Clark built the beautiful mahogany panels and shelving and case work wrapping the staircase. Phil Diem built the glowing cherry front counter, and the elegant Tea Room window railing. Steve Kronenberg built the warm, honeyed oak bookcases and other oak fixtures in the rear of the first floor. Jonathan Tyman built the good-looking cherry jewelry case in the front of the store. And Dan Orcutt built the Tea Room counters ever so exactly. The consciousness of fine wood craftsmen will help to imbue this store with its alive energy in the coming years!

We especially want to acknowledge Melissa Feldman, Ann Wright, Bob Fogel, Josh Pokempner, Jonathan Ellis, Bill Smith and Judy Stone – each of whom offered special assistance at a critical time or ongoing assistance which we needed.

Finally, we really appreciate the hard work and dedication that the Crazy Wisdom staff has brought to bear in these last few months. Jodi Bordeaux, Heather Graham, Meghan Lewis, Carol Karr, Sarah Newland, Abbie Stahlin, Molly Nuzzo, Frances Tashnick, Paula Steele and Avani Khanna have really come through for Crazy Wisdom in recent months, and over the years. We thank them for making the store what it is to the community, and we also thank our new staff who have eagerly participated in the transition process, and who will make the new store what it will be.

—Bill Zirinsky and Ruth Schekter

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. The Calendar is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The deadline for free calendar submissions for the September thru December 1999 issue is Wednesday, July 21, and the deadline for paid advertising is Monday, August 2nd. The issue will be distributed starting August 20th. 4,000 copies of The Calendar are printed, and The Calendar is available at our bookstore as well as at more than fifteen other locations around Ann Arbor. Our phone number is 734-665-2757, and we're currently located at 114 South Main Street, Ann Arbor, Michigan 48104.

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This issue of The Crazy Wisdom Calendar was organized and edited by Bill Zirinsky and Molly Nuzzo. Production and Design Editor: Molly Nuzzo. Calendar Editor: Sarah Newland. Photographs by Linda Lawson, unless otherwise noted. Transcribing of interview: Abbie Stahlin. Cover design: Molly Nuzzo.

Most of the quotes used in the calendar section were found in the following books: *A Guide for the Advanced Soul* by Susan Hayward, and *Zen Soup* by Laurence Boldt. They're both available at Crazy Wisdom.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

Calendar Highlights for May to August 1999

- 1) **Robert Thurman (Author of *Inner Revolution*)** – May 12
(See Buddhist Teachings)
- 2) **From the Mundane to the Mythical with Max Schubach and Jytte Vikkelsoe** – May 16
(See Personal Growth)
- 3) **Thomas Moore (Author of *Care of the Soul*)** – May 16
(See Spiritual Development)
- 4) **Tara Singh (Author of *Awakening a Child from Within*)** – May 21 (See Spiritual Development)
- 5) **Geri Larkin: Peering into the Next Century: A Call for Crazy Wisdom** – May 22
(See Buddhist Teachings)
- 6) **Explorations in Mind/Body Healing through Essence Point** – May 28
(See Mind/Body Healing)
- 7) **Gurudev Shri Chitrabhanu (Jain Master)** – June 4
(See Spiritual Development)
- 8) **Life Forms and Ritual Movement with Antonio Francesco** – June 11
(See Movement and Dance)
- 9) **Prayer of Weaving Peace through the Weber Center** – June 20 (See Spiritual Development)
- 10) **Vipassana Meditation Retreat with Shinzen Young** – July 6 (See Meditation)
- 11) **Energy/Sound Healing with Norma Gentile** – July 11
(See Energy Healing)
- 12) **The Global Women's Movement: Toward the 21st Century** – July 23
(See the Millennium Section)

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Standing At Attention ...a Transforming Dance with My Inner Self

by Charleen Berels

...Patient has obvious severe scoliosis. She has elevated left shoulder and her right shoulder is depressed and retracted, and it is hard to tell...

It is hard to tell from the beginning just how long I will live. Doctors attending my birth predict possibly three years. By the time I'm eight impermanence lives in my bones. Since they say my life is destined to be very short, I think my mother must know when it will end. Somehow she is the keeper of my information and won't tell me. I think if I am infallible and never mention any pain that I can hold off death with good girl distractions. I hate talking of medical issues, like my gray haired aunts do at family parties in the basement. I can't take time to seek resolve I have no time to spare. I will be gone. Spending time with doctors or in talk of pain is all such a waste. I have to gallop myself dizzy on prickly wet grass, sneak home free during hide and go seek, perform with Ellen Sackerson in the Billy Goat's Gruff tomorrow in the garage for the neighbors; fly with the wind and spinning spokes. In that land I am the same. I have no time for being different. I have to take another evening ride to the end and around the block before the light slips from the sky.

...There is the possibility of some atrophy of her shoulder girdle on that side... there is marked deformity...

In preparation for the big day when I will lead my second grade class into the church to make our first Holy Communion, I stand at attention in Crowley's Department Store excitedly trying on new dresses. Turning to face the three-way mirror I see my eight-year-old body leaning sideways; a big shoulder in one panel, a side that crimps up in another, and a head that tilts sideways. I too was made to the image and likeness of God, Sister tells me. I stand wondering how God looks and try to narrow my vision into one mirror at a time. Store bought dresses rarely fit. White swishy bride's material hangs touching my feet. Ready-made dresses

"People engage in Authentic Movement for various reasons, some as basic as pure enjoyment. Some wish to explore a new form of movement but have always felt threatened by dance. Some find it helps them to heal from past trauma. Some use it as a source for choreographing or creating new art works. Through it, others open to unknown creativity buried deep inside. Each human body moves with its own unique flair."

are for much taller girls. I have only seven to choose from. Some tug sideways too snug in my middle, causing ruffles to bunch up on my right side. Those with fancy collars ride up on my neck not quite buttoning in the back. The smiling sales lady works quickly at my side, pulling and stretching crinoline. As she works with shoulder pads and pins to ease the bunching and bumps of my body I blur my vision to ward off mirrors that keep throwing it in my face. We both try to prove to my mother, who stands stoically at my side, that her only daughter will too look like an angel come the first Sunday in May.

...She has little extension, flexion, rotation, or lateral bending...

Candlelight glows from the basement of scout leader Mrs. Shuttie's Beverly Hills, Michigan home. An early evening honors vigil is being held for the fourth grade brownie troop from Our Lady Queen of Martyrs. Proud mothers look on while their daughters receive merit badges and gold scout pins. As the convocation ends, I stand at attention with my troop saluting the flag. We celebrate with rock-and-roll, dancing to Ricky Nelson and Neil Sedaka. The other mothers look in amazement to my mother asking if she taught her crippled daughter how to dance. "To that?" my mother shrieks turning her nose up at the blaring music. Dancing has always been her only daughter's passion.

...She has severe kyphoscoliosis causing marked spinal curvature; it's hard to tell...

Sister Mary walks down the long row of desks passing out forms as she goes. Our fifth grade class is learning to fill out job applications. She talks about being neat, spelling every word right, and filling in all the blanks. She then lets us work alone. The form seems easy to me. I fill in my name, address, and telephone number without a thought. It asks for age, date of birth, mother's maiden name. I quickly respond then move on to the next. I read the word handicap: yes or no. I stop at this question and ponder.

This word makes me feel embarrassed, I know I've heard it before. Auntie Pat said the word handicap when talking to my mother about me. I don't know the

definition. I go on to other questions; I'll come back to this later. The form asks for schools attended: I print neatly, Our Lady Queen of Martyrs, highest grade: I write fifth. My form is complete except for the unanswered question. I squirm in my seat. Well I think handicap means when you can't do some things, like you can't see, or can't walk, or can't hear. I decide I can do everything. I circle the word no. But I feel like this is a math test and this is a tricky story problem and maybe I'm being tricked. I fold my hands on the top of my desk- that's how Sister knows we're finished. Sister's long dress with endless folds swishes as she moves up and down the rows when she passes by; her rosary beads clink loudly on the metal rungs of our desks. Sister's tall thin body stops at attention behind my chair. A long pointed nose sticks out sharply from behind her black starched veil as she peers down at my paper. The quiet of the room explodes with Sister's booming voice. "You are handicapped!" she blares. "You write no, then they'll take one look at you, and you will never get a job." Sister handed me a definition.

...Her scoliosis appears rather fixed. ...Can you stand with your arms held out at your side? Stand up straight as you can...

Florescent tubes shoot blinding light off dozens of stethoscopes that now face me in this packed room. Behind the stethoscopes are men's staring eyes. I stand at attention, in a body with breasts just beginning to swell, naked. They ask me to do things like bend and reach. They want to see if I can touch my own toes. If they want to see me do things, I wonder, why don't they ask me to climb a tree? I've been doing that forever, well since my swing-set came down; I used to climb up that too. After they took down my swing I learned to put my right foot into the bumpy niche in Kedding's front yard tree, hold on hard to the limbs with my hands and push myself up with my left foot. It's simple as pie now that my hands have a callus. I can sit in the gnarly pocket with my legs dangling down, and they don't even know I'm there! My mother says she has three sons already. She wants me to act like a lady. But I don't like acting like a lady. Ladies don't have fun. Ladies' bodies don't look like mine.

Doctors now touch my back; their hands feel cold and afraid, like I'll break. Maybe they're afraid of how I look. I never look at myself naked from the back while looking in a mirror. I'm afraid of what I see. My mother tells me to put on a pretty dress, then no one will notice. One of the doctors tells about an operation.

"Growing up with a disability and having a keen sense of my own mortality from a very young age, I struggled in a culture that worships youth, beauty and long life, absorbing projections of my culture. Throughout much of my life I've run from my own image in the mirror, distanced from my body.... Today through my personal healing practice of Authentic Movement, I've learned to come inside. Today I celebrate my uniqueness; today I feel whole."

How I would get to be in a cast from my neck to my legs, and a teacher would come right to my bed, for thirteen months I hear him say. My dad looks scared and small. He's the only man without a white coat. I can tell he doesn't want to listen to their words. I wish they all would just leave me alone, so I could get dressed in my shorts and climb up in Kedding's front yard tree, or be at home dancing to Beatles records in my bedroom with blue flowers.



mechanically, her strength is difficult to assess because, mechanically, she is at a disadvantage.

anna dance, I ask the new seventh grade boy from Pasadena, California. Gary Evans wears a madras plaid shirt and, pulled over it a cranberry mohair. He's



Photo by Linda Lawson

earing penny loafers. It is a slow dance, lady's choice, and the first sock hop I've ever been to. Holding my breath I stand at attention with questions pouring through my head: Will I ever feel his kiss? What will I do if his hands wander down my back into the cavern of my spine? What if I die before he loves me? Looking up into his face I wait for what seems like hours for his shy response.

Thirty years later I again wait, wait and listen to my body. I stand in the center of the floor of a quiet dance studio, close my eyes, turn my consciousness inward and wait for my body's response. My movement partner sits off to one side. During my movement time he holds the space safe and witnesses me. He too will move tonight, and I will witness his movement. We return to this dance studio twice each month to practice Authentic Movement.

Authentic Movement for me is a form of spiritual practice, a moving body meditation. Through movement I create a dialog between my conscious and unconscious worlds, working to integrate my body, mind and soul. I tap into my creative source, rejoice in my body and celebrate through my art. I become enlivened. People engage in Authentic Movement for various reasons, some as basic as pure enjoyment. Some wish to explore a new form of movement but have always felt threatened by dance. Some find it helps them to heal from past trauma. Some use it as a source for choreographing or creating new art works. Through it, others open to unknown creativity buried deep inside. Each human body moves with its own unique flair. Each person is drawn to Authentic Movement for slightly different reasons.

Mary Whitehouse, the developer of this body-mind approach to movement, says "Authentic Movement is a moment when the ego gives up control, stops choosing, stops exerting demands, allowing the self to take over moving the physical body at will. It is a moment of unpremeditated surrender that can not be explained, repeated exactly, sought for or tried out... this is humbling and freeing for the personality that demands perfection, control and conformity." Our daily lives are filled with control; even our recreation time is highly structured. Authentic Movement is an opportunity to step out of controlling ourselves, listen inward and trust the wisdom of the human body to guide us to what it needs.

My work as the mover is to practice non-judgment by silencing my inner critic. When my inner critic stops telling me I can't or I shouldn't or I don't have the right, my human capacity is unlimited. I listen to my inner self, and allow and accept what comes. My partner's role as witness is to hold the space safe, presence my movement without judging it and note his own feelings that may arise. Safety is important since we move with eyes closed and sometimes work deeply with unconscious material. Initially the witness assumes a greater role for keeping the mover physically safe from injury in the space, although the mover always maintains the primary responsibility. The witness contains the space from the outside world, keeping it safe from intrusions and holds confidential material that is witnessed. Safety is a priority so the mover can trust, let go of the controlling, censoring self, sometimes entering the liminal space between the inner and outer worlds. The witness follows the mover with eyes and ears practicing attentive compassion. We are in training by witnessing others to see and feel and have compassion for ourselves.

After movement, we speak of our experiences, describe kinesthetic responses that arose, repeat a movement that we witnessed, express feelings that were stirred. In this conversation we practice compassion, fully owning our projections. The

opportunity to be seen by another, free from his or her projections, allows me to glimpse at myself from a completely new perspective. Sometimes the mover's and witness's experiences are strikingly similar, sometimes extremely different. But it's the ongoing practice of witnessing myself free from the projections of my culture that allows me to separate from past messages. In addition to speaking about our movement, we often write or draw immediately after movement, capturing elements of our experience before they slip away. By working with our material that is stirred in this process in the form of art or writing, we can transform our experiences.

Tonight we begin our practice with a short poem that my partner reads. We pause, allowing time for the reading to be absorbed into our ears. We move apart, then he rings a small bell. My movement time begins. My body is cold tonight, not ready to move. I wait quietly. My body breathes deeply, then I settle to the floor. In this horizontal position I come alive, rolling and turning, twisting around myself. I see images of animals ~ my body stretches long into a cat ~ pounces with other salamanders ~ slithers into a den with wiggling snakes. My movement unlocks. I bolt upright, stand at attention, and my hands form a salute. I salute a flag ~ the Girl Scout motto flips before my eyes ~ I lead my second grade in a procession ~ medical doctors scrutinize my body ~ my seventh grade body squirms in confusion ~ Sister hands me a definition. My own decades flip before my eyes. Ten minutes in real time has passed.



Photo by Linda Lawson

My body moves quickly around the room. I see my body in a room of mirrors ~ words that cause me pain ~ medical predictions filled with question. As my arms wrap gently around my two sides I feel soft flesh, I feel graceful, I flow with the ease of my cat in a sunspot ~ I roll, I twist ~ I wind around in intricate circles. I witness my asymmetrical body, which unconsciously works to create balance in a vertical world, flow in fluid harmony when horizontal. I

see myself staring into old faces of disability fully realizing at that moment that not a one of them is me. My body rolls forward. I pause in stillness, my arms wrap around me and I hug myself tightly. A bell rings. Twenty minutes has elapsed. My movement time is over. I pick up my sketchbook and draw.

My lines are graceful, my lines flow. I realize I am drawing my body. Words form on my page ~ "Standing at Attention" is what I write. Over the next several weeks stories of my childhood pour onto my paper. Stories long forgotten ~ stories that locked me in pain ~ images of disability from my culture that live in my body ~ images I absorbed when I was too young to differentiate. These stories and images pour out and I can face them head on. I can choose to set them free. I creep softly in front of my mirror and undress, take my sketchbook in hand and for the first time in my life I look at my body and draw what I see. I am not a trained artist; Authentic Movement is what I practice. Carl Jung believed that the path to the unconscious is through art and dreams and that creating our symbols, found within, can lead to an illuminating experience of wholeness.

Growing up with a disability and having a keen sense of my own mortality from a very young age, I struggled in a culture that worships youth, beauty and long life, absorbing projections of my culture. Throughout much of my life I've run from my own image in the mirror, distanced from my body, covered up with makeup, created illusions with my clothing. I grew sick, lonely and empty inside. Today I create new pathways for myself. Today through my personal healing practice of Authentic Movement, I've learned to come inside. Today I celebrate my uniqueness; today I feel whole.

The series of nude figure drawings I created in front of my mirror, along with a reading from my autobiographical stories and poetry as well as various mixed media works created through my practice of Authentic Movement, will be presented in a solo show, "At 46 I Dance Naked," on June 14 from 7:00-11:00pm at Gallery 212. This gallery is located at 212 S. Main, between Washington and Liberty. For information call (734) 995-8716 or email CBerels@aol.com

Individuals find their way into Authentic Movement through various pathways. Some wish to begin in a private environment facilitated by a personal witness or through a series of workshops with a teacher; others begin practicing within a group of peers. Both options are available in Ann Arbor. Those interested in exploring their creative source through facilitated private Authentic Movement sessions, contact Charleen Berels at (734) 995-8716. Persons seeking Authentic Movement within a movement group of peers, contact Robin Graubarth at (734) 665-2345.



114 South Main Street, our new home, during renovation and now. We stripped off 70 years of white paint to reveal the original red brick, restored the second floor windows, and built a new first floor facade.



Photo by Linda Larson



The second floor of the building hadn't been used in 50+ years. The ceiling height in the rear of the second floor was only six feet. So we tore off the old roof, and rebuilt the second floor.



There was no stairway to the second floor in the front part of the building. So we built one, and custom woodworker Artemas Clark wrapped the stairs in mahogany casework.

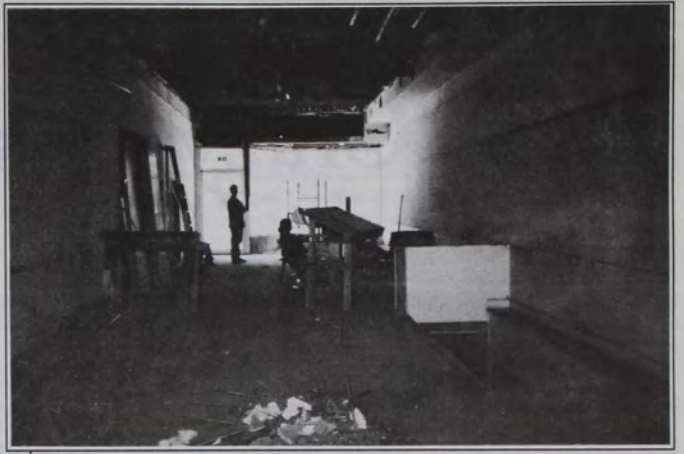


Photo by Linda Larson

Crazy Wisdom's New Home ~ Before and After



If we were going to use the second floor, the City wanted us to install a sprinkler system. So we had to close down Main Street for two days to install the 6 inch water line. Co-owner Bill Zirinsky is pictured here atop the bulldozer.



An interior view of the front of the store, before and after.



Interior views of the front of the second floor, before and after. The second floor had no electricity, no plumbing, and no heating or cooling. Things look better now.



The Crazy Wisdom Calendar

Acupressure, Reflexology & Shiatsu

Reflexology with Gloria Zimet • Thursdays, June 3-July 1, 7:00-10:00 p.m. • The objective of this hands-on workshop is to teach the essentials of a thorough reflexology foot massage to folks who plan to use this skill for the benefit of their friends and family. Different hand positions and movements will be demonstrated each week with ample time to practice on one another. Class size limited to 5. \$210. Call 973-8290.

Self-Acupressure with Wasantha Young of Peaceful Dragon School of Tai Chi Chuan • Tuesdays, May 4-25, 6:00-7:00 p.m. • There are some easy steps you can use to help relieve stress-related tension. Self-acupressure will enable you to take an active role in your effort to bring your body, mind and spirit into harmonious balance with your stress factors. Using your fingers to gently press the potent acupressure points, your palms and mind to project soothing intent to the body, you can help relieve many of the tensions due to everyday stress. Students will gain deeper confidence, connection and understanding in their ability to actively respond to the messages of their tensions. \$80 or \$60 before April 20. Call 741-0695.

Animals

Holistic Healing for Animals with Betsy Adams and Guest Instructors • May 2 and 16, June 6 and 20, July 11 and 25, Aug. 8 and 29 • Classes cover introductory holistic care for animals, including energy healing, homeopathy, animal communication, nutrition, veterinary care, animal-human energy bond and more. Classes run 4 hours. \$50. Call 475-4230.

Animal Communication with Marcia Vincent • May 15, June 25, July 17, Aug. 7, 1:00-5:00 p.m. • Open your mind to communicating telepathically with animals. Basic concepts presented while working with horses, sheep, chickens, dogs and a llama at Sugar Hill Farm. \$75. Call 810-599-3446.

Art & Craft

Mask Making with Ann Williams • July 11 and 18, 2:00-5:00 • This two-day class is for adults who would like to learn the basics of mask making. We will build a mask, do some guided meditation and have lots of fun. \$50-\$70 sliding scale includes materials. Call 213-1991.

Icon Painting Workshop with Aruna Olga Bachmann of Lighthouse Center • May 1-4, 10:00 a.m.-7:00 p.m. • 14th century-style Byzantine liturgical process. Each person will complete an icon to take home. You do not need to be an artist. Another workshop will be offered in July. \$285 includes materials and meals. Call 517-548-2920.

Artist's Way Groups

The Artist's Way with Jill Blixt • 13 Wednesdays beginning June 9, 6:30-10:00 p.m. • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity and authenticity and transform their lives. It is designed for anyone interested in finding their true voice - the part of themselves they know is buried and yearns to be set free. This workshop uses writing, painting, collage, music and image making to explore and reclaim your personal creativity. It is for anyone who wishes to create a hand-crafted life no matter what form it takes. \$27 per class includes light supper and supplies. Call 665-4577.

Vein of Gold with Jill Blixt • 13 Tuesdays beginning June 15 • Take the transformative power of The Artist's Way deeper with a process based on Julia Cameron's book *The Vein of Gold*. Explore your authentic self and your heart's desire through writing, sound, color, painting, collage, treasure mapping and other creative alchemy activities. For those who have worked with *The Artist's Way* and wish to deepen their self-exploration. \$27 per class includes light supper and supplies. Call 665-4577.

The Artist's Way: Spiritual Path to Creativity with Laura Massaro of Soundings: Center for Women • Eight week groups offered regularly, including Monday evenings beginning the end of May • Based on Julia Cameron's book *The Artist's Way*, this workshop is for artists and non-artists alike. Explore creativity in everyday life and the arts as you claim your creative self. Discussion, meditation and journal writing. \$160 with partial scholarships available. Call 973-7723.

The Vein of Gold with Laura Massaro of Soundings: Center for Women • Eight week classes begin in June • All backgrounds welcome. Small, comfortable group atmosphere that is experiential and explores the creative arts (music, art and writing) as a path to self-discovery. \$160 with partial scholarships available. Call 973-7723.

Artist's Way Groups with Sue McDonald • 12 week sessions beginning in May • This class is based on Julia Cameron's bestselling book and is designed to foster the discovery and recovery of creativity and zest for living. It is appropriate for professionals in the arts but also for non-professionals. One group will be especially for teachers. \$20-\$25 per session. Call 747-9191.

Astrology

Astrology Level II with Susan Austin • 4 Saturdays beginning May 1, 11:00-1:00 • Emphasis on Chiron, node transits and progressions. \$100. Call 734-416-5200.

The Astrology Study Group Open Forum with B. Rose Fine • May 16, June 13, July 11, Aug. 15, 3:00-5:00 • This group is an informal and friendly gathering of serious astrology students and professionals who use their association for networking, engaging speakers, book recommendations and astro-babbling (cheerfully chatting about astrology). This summer, we are planning to have open forum discussions and will be joined at various times by longtime area professionals such as Richard Smoot, Vivienne and Deborah Kay. Astrologers of all levels welcome. Free. Call 434-4555.

Astrology and Relationships: The Self with Simran • May 5, 6:00-8:00 p.m. • This workshop focuses on the Self in terms of wants, needs, gifts and challenges in relationship to others. Participants must register and provide birth data by April 27 and read their astrological profile (provided by Simran) prior to May 5. In addition to lecture and discussion, we will directly explore facets of ourselves in fun exercises that are planned in advance and tailored to attendees. \$30 includes insightful astrological profile. Call 480-7778; astrosimran@hotmail.com.

Bodywork

Free Your Body and Enhance Your Day with Alice Greminger • Thursdays, 7:30 p.m. • Alexander students learn a process of changing how to move, freeing them from tension patterns and regaining freedom of movement, balance and support we all knew as children. Activities as varied as walking, computer work, performing and injury recovery and prevention all benefit from Alexander study. Improve coordination while doing activities, freeing emotions and creativity. Free introductory class. Class cost is determined by enrollment. \$50 for 5-hour weekend workshop. Call 665-0849.

Polarity Therapy: A Practitioner's Course with Linda Diane Feldt • 700 Hours, Two-year modular program begins in Sept. • A Certificate Program in Polarity Therapy for those interested in professional practice and Registered Polarity Practitioner status from the American Polarity Therapy Association. Taught in an alternative learning environment, includes hands on work, Western anatomy, physiology and kinesiology, Eastern anatomy, business practices, craniosacral therapy, ethics, theory, exercise, energetic nutrition and more. Individual workshops can also be taken by those interested in Energy Medicine but not wanting a certificate at this time. Cost is sliding scale. Call 662-4902; holistic@adeptsys.com or www.adeptsys.com/holistic.

Feldenkrais: Awareness through Movement Class with Katherine Rogers • Mondays, 6:30-7:30 p.m. • This is a movement re-education method that teaches people how to regain freedom of movement and flexibility. The method promotes recovery from and prevention of injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. Emphasis is placed on doing only what can be easily done and using visualization for anything that is painful or too difficult. The class is appropriate for all ages and physical conditions. \$10 per class. Call 971-5285; Kathart1@aol.com.



Richard Smoot has been studying and teaching astrology for 25 years.

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursdays beginning May 27 and July 8, 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Course includes some simple stretching exercises, work with the breath, meditation postures, concentration and mindfulness practice. \$120 or \$100 for students. Call 761-6520.

Overnight Introductory Meditation Course at Zen Buddhist Temple • July 16 at 7:00 p.m. through July 17 at 4:00 p.m. • For those who cannot attend the Thursday course, or who prefer the overnight retreat in order to learn meditation. \$160 includes accommodations and vegetarian meals. Call 761-6520.

Sunday Services at Zen Buddhist Temple • Every Sunday, 9:30-11:00 a.m. and 5:00-6:30 p.m. • Morning service consists of two periods of meditation followed by a talk. Afternoon service has one period of sitting meditation followed by walking meditation, chanting and a talk. Cost is by donation. Call 761-6520.

Twelfth Annual Buddhist Peace Camp at Friend's Lake • July 23-27 • A five-day overnight camp for children emphasizing peace, cooperation, mindfulness and fun. Vegetarian food. Parents are encouraged to come with their children. Other adults are also welcome to attend. \$100-\$150 for full time attendance for members. Call Zen Buddhist Temple at 761-6520.

Twelfth Annual Summer Lecture Series: Understanding Buddhism in Everyday Life at Zen Buddhist Temple • July 6, 13 and 20, 7:30 p.m. • July 6: Two Faiths, One Relationship: Letting Differences Work with John Leonard and Kevin Wisney. July 13: Two Musicians and a Carpenter: Buddhism in the Lives of Three Friends with Eric Espinosa, Andy Kirchner and Evan Chambers. July 20: Buddhism at Work with Anna Fisher, Laura Arendsen and Carolyn Christopher. \$5 donation. Call 761-6520.

Liberation of Life Service and Sangha Picnic • June 19, 11:00 a.m.; carpool leaves at 10:00 a.m. • A beautiful outdoor service in keeping with the First Precept - not to harm, but to cherish all life. Small animals are released into the wildlife sanctuary at Friend's Lake. Call Zen Buddhist Temple at 761-6520.

One Day Meditation Retreats at Zen Buddhist Temple • May 7-8, June 4-5 and Aug. 13-14, Friday at 7:00 p.m. through Saturday at 5:00 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals and rest - a day of silence and mindfulness. \$60. Call 761-6520.

“This time, like all times, is a very good one, if we but know what to do with it.”
- Ralph Waldo Emerson

Buddha's Birthday Celebration at Zen Buddhist Temple • May 22 and May 23 • Join us for part or all of the most festive celebration of our year (the year 2543 that is!). Everyone is welcome. Call 761-6520.

May 22:

11:00 a.m.: Special Service for Children including bathing the baby Buddha

1:00 p.m.: Blessing Service for Children by appointment

2:30 p.m.: Public Talk: Peering into the Next Century: A Call for Crazy Wisdom with Parang Geri Larkin

6:00 p.m.: Homemade vegetarian lasagna, salads and desserts followed by entertainment, including juggler and comedian Jonathan Park, Dharma Mood Band, Irish fiddling and more. Families \$20, adults \$8, students \$5.

May 23:

9:00 a.m.: Meditation

9:30 a.m.: Religious Services including Shikuhachi flute meditation with Michael Gould

3:00 p.m.: Introduction to Zen Meditation Talk and Demonstration

7:30 p.m.: Lotus Lantern Lighting and Chanting Service: The lighting of the beautiful lotus lanterns ends the Buddha's Birthday observance in a serene and lovely way.

Guide to the Bodhisattva's Way of Life with Gelek Rinpoche of Jewel Heart • Ongoing Tuesdays, 7:30 p.m. • Gelek Rinpoche continues with teachings as commentary on this text by 8th century author Shantideva. A bodhisattva is one who, having identified the relentless unhappiness/suffering we all experience, determines to become enlightened so as to develop and attain enlightenment with the heart, skill and capacity to help all beings become free from suffering. All welcome. Donations accepted. Call 994-6139 or 994-3387.

Meditation at Jewel Heart • Ongoing Sundays, 11:00 a.m.-12:15 p.m. • Concentration meditation, taught according to the Tibetan tradition, is directed at calming and stabilizing the mind with a development of collecting and maintaining focus. With awareness and calm, one can apply focus accurately when engaging analytical meditation. Beginners and advanced welcome. Donations accepted. Call 994-6139 or 994-3387.

Lam Rim at Jewel Heart • May 23, June 27, July 18, Aug. 22, 1:30-3:30 p.m. • Integrating all of Buddha Shakyamuni's teachings into a clear, step-by-step path to enlightenment, the Lam (stages of the path) provides information to learn, think, analyze and meditate upon; allowing one to practice these teachings relative to one's own experience, bringing skill and happiness while coping with all one encounters in daily life. All welcome. Donations accepted. Call 994-6139 or 994-3387.

Goldenkrais Awareness through Movement Workshop with Christina Sears Etter and Cathy Rogers through Dance Gallery Studio • Wednesdays, May 12-June 16, 6:30-8:30 • Experience ease of motion, relaxation and new personal awareness in this great 6-week class. \$60 with \$10 discount if taken with massage. Call 747-8885.

Pilates Mat Work with Christina Sears Etter through Dance Gallery Studio • May 4-Aug. 22 • Join Pilates certified instructors in this floor-based class designed to tone, stretch and strengthen. \$8.50-\$10 per class. Call 747-8885 for times.

Introduction to Cranial Fundamentals with Jan Pemberton • July 30-Aug. 1, 9:00-5:30 • This is a beginning level cranial workshop. The emphasis is on table work and the ability to perceive. The class size is small to allow for individual attention. \$300. Call 973-2013.

Rolfing: A Gentle Approach with Leland Austin • May 4, 6:30-8:30 p.m. • Often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web. Releasing patterns of constriction within the fascia evokes a taller, more graceful body in which inner strength, adaptability and centeredness replace armoring and tension. A hands-on presentation for interested persons who desire the opportunity to experience a gentler Rolfing touch. Questions and discussion welcome. Free. Call 741-0038.

Pilates Strength - Simple Grace with Khita Austin • Presentation on May 11, 6:30-8:30 p.m.; Ongoing mat classes also offered • The Pilates-based method of exercise creates a deep sense of body awareness through which one can mindfully explore, educate and effect change in the body both functionally and aesthetically. One can become strong, supple and energized without mindless repetitive and potentially injurious movement. Discussion, demonstration and the opportunity to experience the technique. Free presentation. Ongoing mat class costs \$10 or \$8.50 if prepaid. Call 741-0038.

Lomi Energy Bodywork with Alani Galbraith-Kuzma and Tom Kuzma • June 5, 12, 19, 26 or June 3, 10, 17, 24, 31, 9:00-6:00 • Students will be introduced to the foundation and philosophy of this heart-centered sacred body/energy work. Students are encouraged to attend classed for 4 to 6 days to begin practicing. Further classes increase refinement with the work. No experience required. \$111. Call 327-9328; lomison@conglomerate.com.

Buddhist Teachings & Meditation

Wednesday Service with Author Robert Thurman at Church of Today • May 12, 1:00 p.m. and 7:30 p.m. • Robert Thurman is an internationally respected Buddhist scholar and thinker. He is the author of *Circling the Sacred Mountain*, *Essentials of Tibetan Buddhism*, *The Politics of Enlightenment* and *Inner Revolution*. Cost is by donation. Call Marianne Dubuque at 810-758-3050.

The Crazy Wisdom Calendar

Buddhist Teachings (continued)

Jewel Heart Joyful Summer Retreat: Odyssey to Freedom • Aug. 29-Sept. 5 • Odyssey to Freedom taught by Gelek Rinpoche is a Lam Rim for our time. It is the basic foundation practice of the Ganden Kagyu Tibetan Buddhist tradition and provides a solid framework to help each person grow and develop along the stages of a spiritual path. Concepts and meditation practices are presented in terms that are clear, accessible, and draw upon examples from our daily life, yet the teaching is true to the tradition that stretches back to Shakyamuni Buddha. Teachings, meals and lodging included. Contact Jewel Heart for more information at 994-6139 or 994-3387.

Newcomers Day with Members of Karma Thesum Choling • May 2, June 6, Aug. 1, 11:30 a.m.-12:30 p.m. • We offer a tour of the center, a brief introduction to the shrine and shamata meditation instruction. Free. Call 761-7495; aakic@yahoo.com.

Introduction to Meditation with Eleanor Mannikka of Karma Thesum Choling • May 9, 16 and 23; June 13, 20 and 27; or Aug. 8, 15 and 22, 3:00-5:00 • This three-week class is an introduction to shamata (calm abiding) meditation. It covers the seven positions of meditation posture and how to deal with obstacles that arise as taught in the Karma Kagyu tradition. \$60. Call 761-7495; aakic@yahoo.com.

“No work of love will flourish out of guilt,
fear, or hollowness of heart, just as no valid
plans for the future can be made by those
who have no capacity for living now.”
- Alan Watts

Ceremonies, Celebrations & Rituals

Sunday Candlelight Ceremony at Lighthouse Center • Weekly, 6:00-7:00 p.m. • Candle lighting, Sanskrit chanting, mantra meditation, affirmations, thank you's, forgiveness and sending light. Free. Call Prachi at 734-449-4381.

Summer Solstice with Visitation: Center for Prayer and Spirituality • June 16, 7:30 p.m. • Throughout the world, people recognize the power of the summer solstice. They salute the sun and give thanks for cycles that support our lives. Join us in giving thanks for the season of summer. Free. Call 734-242-5520; visitation@teleweb.net.

Enhancing Romance and Relationships: Public Ritual for Beltane with Mateyo Empie, the Medicine Woman • May 1, 1:45-5:00 p.m. • Spring is here! Our souls soar with the birds as we also feel the urge to pair up. Romance attracts us, is in the scents borne on the newly balmy breezes. But how to unite with our beloved without losing our individuality? Learn to remove unhealthy psychic cords and create mutually empowering relationships by winding a maypole, symbol of honor for all expressions of love. A potluck follows. Beginners are welcome to join us in this energetic and symbolic working drawn from European and Inkan traditions that reconnect us with our deep selves and release restorative forces, producing immediate and practical changes in our lives. \$29 with a \$5 discount if paid by April 17, plus a donation of nonperishable food to be given to a local food drive. Call 663-5505; Snakewillo@aol.com.

Self-Empowerment through True Seeing: Ritual for Litha (Summer Solstice) with Mateyo Empie, the Medicine Woman • June 19, 6:45-10:00 p.m. • The sun is climbing to the peak of his strength. We will allow his abundant light to heal us, increase our self-confidence and energize a magick mirror so that even in dark days, we are filled with his radiance. Beginners are welcome to join us in this energetic and symbolic working drawn from European and Inkan traditions that reconnect us with our deep selves and release restorative forces, producing immediate and practical changes in our lives. \$29 with a \$5 discount if paid by June 5, plus a donation of nonperishable food to be given to a local food drive. Call 663-5505; Snakewillo@aol.com.

Prosperity and Abundance: Ritual for Lughnasad (August Eve) with Mateyo Empie, the Medicine Woman • Aug. 6, 6:45-10:00 p.m. • Though the days begin to shorten, temperatures and humidity continue to increase, hurrying seeds and fruit to ripeness. The beginning of harvest, the filling of the cornucopia of Mother Earth's bounty, helps us attract prosperity and abundance. Beginners are welcome to join us. A potluck follows the ritual. \$29 with a \$5 discount if paid by July 23, plus a donation of nonperishable food to be given to a local food drive. Call 663-5505; Snakewillo@aol.com.

Channeling

Crystal Clear Expressions Channeling Evening with Nanci Rose Gerler • First Monday of each month • Inspiring messages of love and evidence from angels, master and guides. Question and answer period with refreshments afterward. \$10. Call 996-8799.

Open House Channeling Sessions with Aaron • May 12, 19, 26 and June 2 and 9, 7:30 p.m. • Aaron is a "Being of Light," a deeply loving and wise spirit who teaches with humor and compassion. He is channeled throughout the world by Barbara Brodsky. At each weekly session, Aaron will give a talk and there will be time for questions as well as a social period. Donations accepted. We stop for the summer and will resume in September. Call Deep Spring Center at 971-3455.

A Meeting with the Masters with Shala Kilmer • May 15 • Be ready for a day of conversation with master teachers from the spirit world channeled by Shala Kilmer. Find out why you are on earth at this time and how to make life happier and more prosperous. Bring your questions and enjoy a day of fun and wisdom from a higher source. Class limited to 12. Noon meal, snacks provided. \$120. Call 248-258-8287.

Message Circle with Shala Kilmer • June 26, 7:00-9:00 p.m. • Messages just for you from the spirit world will be channeled by Shala Kilmer. Others in the group are welcome to share information they receive for anyone. Plan on having fun and gaining valuable insights. \$25. Call 248-258-8287.

Light Transmission with Sandra Shears • Third Sunday of each month, 10:00 a.m.-Noon • A meditative program geared towards light workers that features transmissions by group energies (The Great Ones) to group energy with intent of uplifting self and humanity. \$25. Call 484-4840.

Childbirth Preparation

Childbirth Preparation Classes with Patty Brennan • Wednesdays, June 23-July 28, 7:00-9:15 p.m. • Share in a midwife's experience with normal birth. Six-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to prevent complications and make informed choices. Suggestions regarding the safe use of herbal, homeopathic and other natural therapies are included. \$165 per couple. Call 663-1523; gbrennan@umich.edu or www.salineguide.com/hmi.

Prenatal Exercise with Victoria Cendrowski • Saturdays, April 17-May 22, 11:00 a.m.-12:30 p.m. • Prepares the pregnant woman for her "birthing day." Exercises will strengthen, stretch and increase endurance of those muscles most affected during pregnancy and childbirth. Class also includes relaxation, visualization and a short discussion of a relevant topic. Take anytime after your first trimester. Doctor/midwife written permission is required at first class. Bring your own mat, water bottle and two pillows. \$38 or \$46. Call 971-0456.

Improving Your Chances at Fertility with Catherine Powers • May 19, 7:00 p.m. • Learn about the well-documented and researched connection between stress, depression and infertility. Discover several natural healing methods - relaxation training, cognitive restructuring, journaling and yoga - that may improve your chances at fertility. \$12. Call 313-792-0700.

Ten Weeks to Greater Fertility with Catherine Powers • Begins June 3, 7:00 p.m. • Several important clinical studies support the link between stress, depression and infertility. By relieving this depression and stress, chances for fertility improve. In this class, women will learn and practice several different relaxation techniques, gain healing through self-nurturance and healthy pleasures, develop a method to challenge destructive thinking and construct a positive support network. \$35 per class. Call 313-792-0700.

“To know that you do not know is the best.
To pretend to know when you do not know
is a disease.”

-Lao-Tzu

Chronic Illness/Chronic Pain

Counseling Group for Women with Chronic Illness and Pain with Erica Dutton • Tuesdays, 4:30-6:00 p.m. • This weekly group is open to women with any kind of chronic illness or pain. Chronic illness and pain can be an isolating and life-changing event. It can also be a time to reevaluate your life and create a new one. The group focuses on coping effectively with the present realities and picking up the pieces, moving forward and creating a new, satisfying life for the future. Come and share experiences and learn from other women. \$35 per session. Call 677-3056; eldutton@aol.com.

Support Group for Family and Friends of People with Chronic Illness with Erica Dutton • Two half hour sessions offered monthly in spring and summer • When a loved one becomes ill, family and friends have extra responsibilities and concerns. They face many emotional actions and often feel alone. Meet other people to share experiences and learn new ways of coping. \$45 for both sessions. Call 677-3056; eldutton@aol.com.

Conferences, Fairs & Festivals

Lughnasadh Festival '99 with Shining Lakes Grove • Aug. 5-8 • A four-day festival and an Draiocht Fein Lughnasadh Ritual combined. From opening to closing, we will be celebrating and honoring the Gods in the sacred space of the festival with our games, talents and wits! A truly unique event, including the main rite of Lughnasadh, legendary feast, silent auction, games for grove champion, children's games, Sumbel ritual, pagan arts and crafts, co-op daycare for kids, talent fest, fools competition, merchant tables, Bardic drumming circles and guild presentations. For brochure, call 487-4931; www.msen.com/robh/slg/ or robh@cyberspace.org.

Family May Festival with Shunahsui Rose and Friends • May 8, 1:00-4:00 p.m. • Celebrate the coming of summer in a circle of song, merriment and community. Music, storytelling, crafts, children's maypole dance, community circle dancing and potluck feast. \$10 for adults, \$5 for teens, children under 12 free. Contact ppostel@cris.com.

Crystal Energies

Transformative Weekend Workshop: Crystal Energies #1 with Mateyo Empie, the Medicine Woman • June 18-20, Friday evening, Saturday all day, Sunday until 2:00 p.m. • Make friends with the most ancient beings on Mother Earth, the stone people, and use their power to tune, amplify and direct healing energies. Emphasis is on developing healing intuition in a fun, supportive environment while increasing psychic sensitivity. Learn choosing, clearing and programming crystals; diagnosis of aura structures; and more. Advanced levels of study available. \$225 with \$25 discount if paid by June 4. Fee includes a healing set of stones. Call 663-5505; Snakewillo@aol.com.

Dreams

Dreams: Their Healing Power and Spiritual Dimension with Rebecca Mullen • Mondays, 7:30-10:00 p.m. • Dreams reveal unknown aspects of our psyche and often unknown parts of ourselves. They expand our conscious awareness. People are encouraged to bring in their dreams as personal and universal messages. \$5 per session. Call 662-5925.

Drumming

Drum the Heart Beat with O. Andrew Schreiber • Sundays, May 16-June 20 and July 11-Aug. 15 • We will learn beginning through intermediate hand drum rhythms. Hand positions will be demonstrated. We will also play rhythmic hand games with instruments, our voices and body movements. The healing power of drumming and rhythm will be explored in depth. \$60-\$100 per session sliding scale. Call 973-6975.

Beginning Hand Drumming with Chris Gates • Four-week classes begin May 3, June 7 and Aug. 9, 7:00-8:15 p.m. • A month-long introduction to basic hand drumming techniques and traditional rhythms from the drum cultures of Africa and her diaspora. Learn rhythms on congas, djembes and supporting percussion. Geared toward beginners. Drums provided. \$32 for 4 weeks. Call 327-1892.

Energy Healing

Energy/Sound Healing for Personal and Planetary Use: An Interactive Workshop with Norma Gentile sponsored by Essence Point Spiritual Center • July 11, 3:00-6:00 p.m. • Healing is a means of creating sacred space with sound, silence and intent. This includes consciously connecting with healing guides both within and without the planet. Participants will experience this particular process, learn how to use it for themselves and be able to share it with others. \$40 or \$35 if paid by July 6. Call 332-4606; www.HealingChants.com or info@HealingChants.com.

Healing Night at Lighthouse Center • Third Wednesday of every month, 7:00-9:30 p.m. • Hands on Reiki healing. Open to all. Free. Call Prachi at 449-4381.

Direct Energy Work with Sandra Shears • Fourth Saturday of every month, 10:00 a.m.-Noon • Through a series of individually concentrated and group healing sessions, the physical and etheric bodies are brought into balance and aligned with the lightbody, creating inner illumination, mental clarity and an open heart at will. \$25. Call 484-4840.

Energy Artistry with Sandra Shears • Every other Tuesday, 7:00-9:00 p.m. • Practicum group for alternative practitioners just beginning practice or for established practitioners wanting to expand their practice into energy work or for traditional practitioners intending to add another dimension to their work. Individual session prerequisite. \$25. Call 484-4840.

Basic Healing with Shala Kilmer • Eight weeks beginning May 3, 7:00-10:00 p.m. • You are a natural healer. Learn how to use your abilities to help yourself and others. This is a real "feel good" experience. \$335. Call 248-258-8287.

Enneagram

The Enneagram of Personality with Nancy Warren • June 12, 10:00-4:00 • Spend a day exploring this ancient and multifaceted psychospiritual system of personality types and come away with a greater understanding of yourself and others. Through the use of storytelling, didactic material, meditation and humor, we will find multiple pathways into the transformational energies of this symbol. \$50. Call 449-8133.

Feng Shui and Sacred Space

Feng Shui Basics with Lynn Meadows • June 8, 7:30-9:30 p.m. or June 12, 10:00 a.m.-Noon • Create harmony in your space to promote harmony in your life through this ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles (Yin, Yang, Chi and Tao). Based on self-identified goals, each participant will also receive 3 Feng Shui adjustments to implement in their home or office. \$30. Multiple class discounts. Call 662-3446.

Feng Shui Intensive with Lynn Meadows • June 12, 1:00-5:00 p.m. • Having some knowledge of the basics of the ancient art of Feng Shui, explore some of the finer points to promote harmony in your life through the creation of harmony in your environment. Learn how to balance the elements in your surroundings and to activate energies that can change the quality of your life. Each participant will receive an analysis of a room of their choice with Feng Shui recommendations to implement in that space. \$60. Call 662-3446.

The Feng Shui of Fabrics for Interiors and Fashion with Lynn Meadows • June 22, 7:30-9:30 p.m. • Discover how the ancient art of Feng Shui can aid you in the selection of fabrics to enhance your environment and support your apparel choices. Feng Shui looks at the 5 element and yin/yang qualities of an existing situation and makes adjustments to create a balance that can achieve harmony (Tao). Fabrics are an easy way to alter an unbalanced (uncomfortable) environment or create an ensemble that is appropriate for your unique character and personality for specific occasions or purposes. \$30. Call 662-3446.

Feng Shui Basics Revisited with Wendy Warrick • May 19 or Aug. 24, 7:00-9:00 p.m. • This class covers the use of the mystical symbol, the Bagua, to diagnose and resolve energetic imbalances. We'll go over the various cures and how to use them to realign, energize and harmonize space. Bring a photo of a room and its floorplan to class for analysis. \$30. Call 623-0121.

Introduction to Feng Shui with Wendy Warrick • May 12 or Aug. 17, 7:00-8:00 p.m. • What is Feng Shui? What can it do for you and your environment? Learn what it's all about - how this ancient art can facilitate an environment that is clear, balanced and supportive. Free. Call 623-0121.

"A man is about as happy as
he makes up his mind to be."

-Abraham Lincoln

Cleaning, Clearing and Combining Chi Energies with Wendy Warrick • May 26, 7:00-9:00 p.m. • This class covers a more esoteric aspect of Feng Shui - the chi or energy inherent in all objects, rooms, etc. and how it can be worked with to provide a positive, supportive flow of energy. We'll also cover the specific types of energy found in everything from iron railings to cement, to wood siding and how to combine them to achieve harmony. \$30. Call 623-0121.

Feng Shui and Architecture: Co-Building with the Earth with Wendy Warrick • June 16, 7:00-9:00 p.m. • In this final class in the series, we will cover the variables related to the building of a structure - the impact of various architectural styles, the energy of neighborhoods, tuning into ground energy for site selection and the impact of natural elements. \$30. Call 623-0121.

Herbs, Plants & the Garden

Herbal Wisdom: A Two-Year Certificate Program with Linda Diane Feldt • Begins in summer • This 350-hour program combines class time, discussions, self study, wild harvesting, identifying, growing, preserving, creating your own materia medica and more. Designed for those who want to practice herbalism as well as those desiring a much deeper personal foundation and relationship with herbs and nature. For more information, call 662-4902; holistic@adeptsys.com or www.adeptsys.com/holistic.

The Crazy Wisdom Calendar

Herbal Wisdom: Weed Walks with Linda Diane Feldt • May 15, June 5 and a day in August to be announced, 1:00-3:00 p.m. • As we slowly stroll through local natural areas, we will learn the identity of helpful plants, discover their uses and enjoy learning more about the resources around us. Children welcome, under 14 free of charge. Come to as many classes as you'd like. Handouts provided. \$10-\$20 sliding scale cost. Call 662-4902; holistic@adeptsys.com or www.adeptsys.com/holistic.

Herbal Wisdom at the People's Food Co-op with Linda Diane Feldt • May 4, June 1, July 6, 7:30-9:30 p.m. • This free class explores aspects of herbalism and how you can use herbs for nourishment and healing. Check the Co-op for list of topics. Free. Call 662-4902; holistic@adeptsys.com or www.adeptsys.com/holistic.

"The great use of life is to spend it for something that will outlast it."

-William James

Herbal Hour: The Skin/Botanical Herbs with Edith Chance and Barb Fisher • May 11, 6:00 p.m. • Discussion of the benefits for the skin through use of herbs, vitamin supplements and essential oils. Face-lift massage demonstration and discussion. Door prize of \$50 of Nature's Sunshine Products. Free. Call 332-9098.

Herbal Hour: Essential Oils with Edith Chance and Barb Fisher with Guest Presenters Cindy Klement and Gill Rogers • June 8, 6:00 p.m. • Discuss and demonstrate the many benefits and uses of essential oils. An introduction to Reflexology will be presented. Door prize of \$50 of Nature's Sunshine Products. Free. Call 332-9098.

Restoring Our Native Landscape with Bill Schneider through Upland Hills Ecological Awareness Center • June 5, 9:00-4:00 • Learning about and comparing native vs. degraded landscape. A look at plants and the function of intact vs. degraded ecosystems. A starting point for landscape restoration. \$40. Call 248-693-1021; uheac@igc.org.

19th Annual Spring Plant Sale and Marketplace • May 1-2, 10:00-4:30 • This is a fund raiser that offers quality perennials and accent plants along with a Marketplace that offers seeds, tools and garden art for sale. Free admission. Call 998-7061; www.lsa.umich.edu/mbg.

Movies at Matthaei • Aug. 2, 3 and 5 beginning at dusk • A week of magical movies, all creatively related to plants. For cost, call 998-7061.

A Day in the Garden • June 26-27, Noon-7:00 p.m. • Floral and art exhibit, great food, lively music and the unveiling of "Gardenscapes" - an innovative landscape by a local landscape architect. \$5 adults, \$2 children K-12. Call 998-7061; www.lsa.umich.edu/mbg.

Wildflower Day • May 9, Noon-4:00 p.m. • Annual celebration of the Helen V. Smith Wildflower Garden, includes tours, talks, exhibits, wildflower sales and Mother's Day tea. Free admission. Call 998-7061; www.lsa.umich.edu/mbg.

Children's Garden Safari with Liz Elling at Matthaei Botanical Gardens • July 14, 10:00 a.m.-3:00 p.m. • Hands-on activities to teach children about plants and gardening. For cost, call 998-7061; www.lsa.umich.edu/mbg.

Holistic Health

Spring Cleaning with Linda Sayer • May 18, 7:00-8:30 p.m. • A cleansing diet to optimize health through improved function of the digestive system. \$15. Call 677-1900.

Facing the Options with Nina Howard • May 13, June 3, July 8, Aug. 12, 7:00-8:30 p.m. • A lecture on holistic and medically based anti-aging skin care options including the Belavi facelift massage, enzyme facials and the current rave, Microdermabrasion (power peel). Free. Call 747-8517; nina@bellanina.com; www.bellanina.com.

Rev Up Your Metabolism and Lose Weight with Catherine Powers • May 27, 7:00 p.m. • Discover a hidden key to improving your chances at weight loss - proper breathing. In this workshop, you will learn several powerful breathing techniques to reset your metabolism to burn calories more efficiently, lose weight without complicated dieting or exercise regimens and feel more energized and less stressed. \$15. Call 313-792-0700.

Homeopathy

The Homeopathy Kit: What It Is and How To Use It with Mary Tillinghast • Session H: May 5 and 12; Session I: May 20 and 27; Session J: May 29 • The Kit is a workshop covering the most frequently asked questions about homeopathy, its theories, principles and practical applications. Our focus in the workshop will be learning how to use the remedies in the Castle Remedies' Home Care Kit. A manual for the kit will be provided. \$45. Call Castle Remedies at 973-8990; mtillingha@aol.com.

Herbal and Homeopathic Remedies for Children's Health Care with Patty Brennan • April 10, 9:00-4:00 • What are some natural remedies that can be helpful in treating common ailments of children from newborns to teenagers? Emphasis is placed on identifying helpful resources and developing a home medicine chest or travel kit of natural remedies. We will consider remedies for specific concerns such as teething, croup, fevers, ear infections, growing pains, sports injuries and emotional imbalances. \$50. Call 663-1523; gbrennan@umich.edu or www.salineguide.com/hmi.

Infant Massage

Infant Massage Classes with Audrey Simon • New classes begin monthly • Four-week class to learn the benefits and methods of interactive massage according to the baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. \$85 includes handbook, bottle of oil and handouts. Call 741-9706.

Intimacy & Relationships

Finding Your Soul Mate with Shala Kilmer • June 5 or Aug. 28, 10:00-5:00 • You will receive a detailed channeled reading describing your soul mate and what you can do to speed the process of meeting. Much other information from spirit sources on soul mating. \$140. Call 248-258-8287.

Intuitive Awareness & Psychic Development

Meditation and Healing with Julia King and Lorna Brown • Level I: April 24, Level II: June 5, Level III: TBA; 10:00-5:00 • Progress through this series of classes that engage you in deeper understanding and relationship with your psychic and intuitive nature. Learn to experience subtle energies, integrate with other healing modalities, read auras and get in touch with your healing guides and angels. I: \$100, II: \$150, III: \$175. Call Julia King at 216-3509 or Lorna Brown at 428-8748; starduster12@hotmail.com.

Intuitive Awareness I: Awareness with Ray O. Golden (formerly Practical Psychic I) • May 22-23, 10:00-4:00 • Learn simple and powerful techniques to begin to see, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. You also learn to communicate with both your own and others' God-of-the-Heart (Higher Self) and to do readings from that level. \$129 or \$115 if paid one week in advance or \$109 if you bring 2 or more friends. Call Practical Psychic Center of Ann Arbor at 663-9724.

Intuitive Awareness II: Deepening Awareness and Skills with Ray O. Golden • June 26-27, 10:00-4:00 • Continue to develop your intuitive perception and learn to recognize and heal layers of the aura. Connect with one of your healing guides to communicate and do healings. \$139 or \$125 if paid one week in advance. Call Practical Psychic Center of Ann Arbor at 663-9724.

"I run into people all the time who are paralyzed by the fact that they might fail. To me, there's no failure. This is all an exploration."

- John Sayles

Intuitive Awareness III: Putting It All Together with Ray O. Golden • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. For date, time and cost, call Practical Psychic Center of Ann Arbor at 663-9724.

Intuitive Awareness IV: Channeling with Ray O. Golden • Learn to safely become a conscious channel, using a technical system as your foundation. For date, time and cost, call Practical Psychic Center of Ann Arbor at 663-9724.

Photo by Linda Lawson



Lorna Brown leads workshops in relaxation, meditation, and spiritual development. She is also a Melchizedek priest.

Journal Writing/Writing & Reading

The Art of Journal Writing with Phyllis Perry of New Options • Eight weeks, one hour per week • Learn an easy journal writing technique. Explore your inner voice and personal truth. Gain insight, clarity and perspective. Confidential. \$25 per session/\$200 for eight weeks. Eight week commitment required. For date and time, call 973-0003.

Intensive Journal Retreat: Life Experience with Therese Craig of Weber Center • July 23 at 7:00 p.m.-July 25 at 4:00 p.m. • This retreat provides a practical tool for ongoing personal and spiritual growth. The Intensive Journal is a comprehensive and dynamic process that helps you deepen your awareness about the many facets of your life. You will work in the areas of life context - gaining a perspective on life - and depth contact - symbolic images and meaning in life. The weekend experience offers you an excellent basis to continue your journal work after the workshop. \$75 deposit at registration with a balance of \$160 to be paid upon arrival. Call 517-266-4000 or fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrain/weber.htm>.

Memoir Writing: The New Autobiography with Pat Kuessner of Weber Center • June 11 at 7:30 p.m.-June 13 at 1:00 p.m. • Life is the journey of the soul. Learn to write the stories only you can write - the stories about the unique you. An autobiography can be short narratives from any part of your life, including themes of adventure, spiritual quest, overcoming adversity, racial injustice. New Autobiography asks you to examine where you once were naive and when and how you woke up. This method allows you to explore greater intimacy and emotional authenticity than does autobiography from previous eras. \$110. Call 517-266-4000 or fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrain/weber.htm>.

Kids & Young Adults

Yoga for Kids and Parents with Ema Stefanova • Ongoing Saturdays, 2:00-3:00 p.m. • Fun class for children ages 4-6. Yoga taught through play and active participation on the parents' part. We learn postures, simple breath awareness, etc. For cost, call 665-7801; emastefanova@compuserve.com.

Yoga for Kids Ages 7-10 with Ema Stefanova • Ongoing Saturdays, 3:00-4:00 p.m. • Postures, breath awareness, simple concentration, visualization and meditation are the focus of this class. Yoga can improve kids' health and their grades. For cost, call 665-7801; emastefanova@compuserve.com.

Adventures in Spirit with Tom Egan • May 22 and July 3, 8:30-4:30 • Fun, socially active, exploratory, indoor-outdoor, experiential activities to engage the teen spirit. Designed to help them meet their needs in a social context through positive, risk-taking activities. Then the topic of Spirit can be explored. Each day is unique and different. For 6th, 7th and 8th grade boys. \$45. Call 913-9878.

Parent and Teacher Open House for Adventures in Spirit and Spirit Leaders with Tom Egan • May 21, June 4, July 2, July 30, 7:00-8:30 p.m. • An informative evening session about age appropriate programs that are available for adolescents interested in spirit. As you may experience, satisfying basic needs through positive risk activities help create the opportunity for spirit to arise. Come experience the program firsthand with the eyes of an adolescent. Free or donation. Call 913-9878.

Spirit Leaders with Tom Egan • June 5 and July 31, 8:30-4:30 • The master program of Adventures in Spirit, yet designed with emphasis on peer leadership. Each program is tailored and unique to the group attending. For 9th, 10th and 11th grade boys. \$45. Call 913-9878.

The Labyrinth

Walking the Labyrinth: A Journey of Presence with Annette Reynolds through Weber Center • June 18 at 7:30 p.m.-June 20 at 1:00 p.m. • Based on the circle and the spiral, the labyrinth is an ancient and powerful symbol of wholeness and transformation found in many cultural and spiritual traditions. Labyrinths invite us to quiet the mind, calm the body and stir the spirit on a journey of presence. The labyrinth is a deeply healing container where we can touch our joys and sorrows. It offers both a rich personal experience and a shared journey, gathering people together in sacred space, set sacred intention, open to the spirit and heart of the labyrinth's mystery. \$110. Call 517-266-4000 or fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrian/weber.htm>.

Walking the Labyrinth at Visitation: Center for Prayer and Spirituality • May 7, June 4, July 2, Aug. 6 • Lauren Artress, in her book *Walking the Sacred Path*, has written, "The labyrinth is an archetype of wholeness, a sacred place that helps us rediscover the depths of our souls." The labyrinth is found in all religious traditions. During the Middle Ages, Christians journeyed to pilgrimage cathedrals where they walked the winding path. The labyrinth continues to be a metaphor for the spiritual journey. Everyone welcome to walk this sacred path. Free will offering. Call 734-242-5520; visitation@teleweb.net.

"Keeping a journal thins my skin. I feel open to everything, aware...hypersensitive to whatever I hear, see, guess, read, am told. Matters that once might have gone unnoticed are no longer lost on me."

-Doris Grumbach

The Sacred Journey of the Labyrinth with Anne Holley • May 22 at 10:00 a.m.-1:00 p.m., June 21 at 3:00 p.m., July 22 at 7:00 p.m. • A labyrinth is a universal path leading to a center and returning the way you came. Learn some of the uses of the labyrinth and experience walking a labyrinth that has been constructed in and of the earth. \$21. Call 662-4259.

Massage Therapy

Belavi Facelift Massage Seminar with Nina Howard • Aug. 16-18 • Designed for massage therapists, estheticians or health professionals, this 3-day seminar teaches a lifting and firming treatment for the face using acupressure, lymph drainage and contouring. This is a certification program and a wonderful service to provide your client. \$650. Call 747-8517; nina@bellanina.com or www.bellanina.com.

Keep Them Coming Back: Advanced Techniques for Massage Therapists with Annie Kopko • May 11, 18, 25 and June 1, 6:00-9:00 p.m. • Transform the ordinary massage into the extraordinary massage. Exploring the art, spirit and healing energy of massage, we discover powerful techniques that bring clients back again and again. This class compliments any massage training. \$100. Call 973-8290.

Massage Workshop with Tom Smoza through Dance Gallery Studio • Wednesdays, May 12-June 16, 7:30-8:30 • Learn to give a relaxing whole body massage by the end of this 6-week session. \$60. Call Christina Sears Etter at 747-8885.

Soft Tissue Injuries I: Shoulder, Arm and Hand with Jim Hackett through Ann Arbor Institute of Massage Therapy • June 4-6, 9:00-5:00 each day • This seminar will present an integrated clinical approach to soft tissue injuries that are common not only in sports activities, but also from occupational/biomechanical stress and overuse. The hands-on presentation will include learning a systematic procedure for evaluating the shoulder and approaches to common forms of tendonitis, sprains, strains, rotator cuff injuries, tennis and golfer's elbow, supinator/pronator trigger points, tenosynovitis, carpal tunnel and wrist/thumb pain. \$325. Call 677-4430.

The Crazy Wisdom Calendar



Photo by Linda Larson

The Ann Arbor Institute of Massage Therapy, located on Carpenter Road, has become a busy place for the training of new massage therapists. Jocelyn Granger, a co-founder of the Institute, is pictured here teaching a class.

Massage (continued)

Soft Tissue Injuries II: Lower Extremities with Jim Hackett through Ann Arbor Institute of Massage Therapy • June 18-20, 9:00-5:00 each day • This seminar is a continuation of Soft Tissue Injury I, presenting functional assessment, massage therapy treatment and advanced techniques for the lower extremities: hip, thigh, leg, ankle and foot. It will include hands-on presentation and approaches to knee sprains, patellar tendonitis, pes anserine tendonitis, groin pulls, hamstring and abductor strain, iliotibial band syndrome, Achilles tendonitis, plantar fasciitis, ankle sprains and gastroc/soleus/popliteal strains. Trigger points, therapeutic stretching and myofascial lengthening techniques will also be addressed. \$325. Call 677-4430.

Neuromuscular Therapy I with Jocelyn Granger through Ann Arbor Institute of Massage Therapy • June 25-27, 8:30-5:00 each day • Consists of freeing and relief of chronically tense, contracted and painful tissues. It is an advanced form of massage therapy that requires a high degree of anatomical precision, specificity and skilled palpation. Neuromuscular Therapy provides more complete and effective relief from chronic pain and tension and an understanding of the principles and philosophy of myofascial dysfunction. \$325. Call 677-4430.

Neuromuscular Therapy II with Jocelyn Granger through Ann Arbor Institute of Massage Therapy • July 9-11, 8:30-5:00 each day • Continuation of Neuromuscular Therapy I. \$325. Call 677-4430.

Neuromuscular Therapy III with Jocelyn Granger through Ann Arbor Institute of Massage Therapy • July 23-25, 8:30-5:00 each day • Continuation of Neuromuscular Therapy I and II. \$325. Call 677-4430.



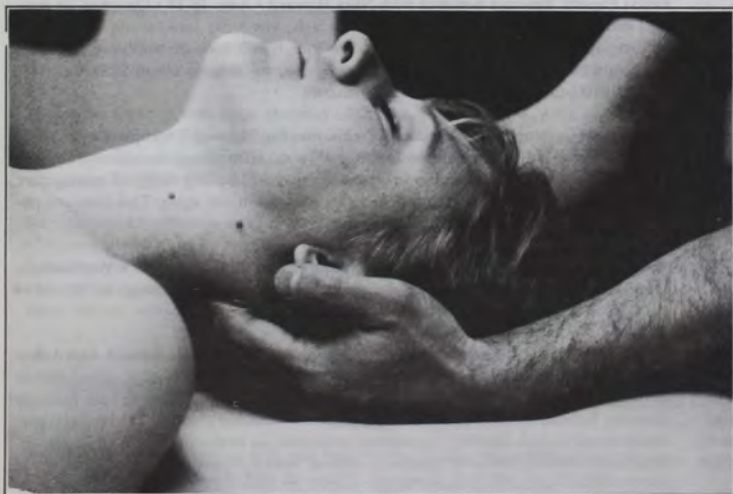
Photo by Linda Larson

Myofascial Therapies II with Bob King through Ann Arbor Institute of Massage Therapy • July 30-Aug. 1, 8:30-5:00 each day • A continuation of Myofascial Therapies I. Each of the workshops (I, II and III) will be devoted to different sections of the body. \$325. Call 677-4430.

Myofascial Therapies III with Bob King through Ann Arbor Institute of Massage Therapy • Aug. 27-29, 8:30-5:00 each day • A continuation of Myofascial Therapies I and II. Each of the workshops (I, II and III) will be devoted to different sections of the body. \$325. Call 677-4430.

Introduction to Massage with Margaret Szedenits through Ann Arbor Institute of Massage Therapy • Aug. 7-8 and Aug. 14-15, 9:00-4:00 each day with a one hour lunch and 15 minute break • This four-day workshop is a non-professional introduction to Swedish Massage and Reflexology. It focuses on basic massage theory, basic anatomy and physiology, sensitivity and awareness, body mechanics and development of a well-rounded, effective full-body massage. Not designed to train professional massage therapists. \$220. Call 677-4430.

Sports Massage II with Jocelyn Granger and Jane Anderson through Ann Arbor Institute of Massage Therapy • May 22-23, 8:30-5:00 each day • This segment of Sports Massage will provide you with an overall perspective on and techniques essential to sports massage, including basic concepts and techniques used in sports massage, skillful palpation, your role as a sports massage therapist, working with common sports injuries, maintenance of an athlete, corrective measures for the injured athlete and understanding injury and its repair process. \$225. Call 677-4430.



Meditation

Silent Group Meditation through Essence Point • Sundays, Noon-1:00 • Two periods of unguided silent meditation for 25 minutes each. People from all disciplines welcome. Comfortable chairs provided or bring your own cushion. Open to all. Donations accepted. Call 913-9830.

Meditation Retreat with Guy Armstrong and Sally Clough of Spirit Rock and Insight Meditation Society • May 7-9 • Lecture on May 7 is open to the public and serves as the beginning of the retreat. Non-residential retreat May 8 and 9. \$75. For more information, call Sandra Berman at 426-8781 or The Center for Mindful Living at 663-0661; glennburdick@csi.com.

Residential Vipassana Meditation Retreat with Shinzen Young • July 6-11 • \$275 with partial scholarships available. For more information, call Sandra Berman at 426-8781 or The Center for Mindful Living at 663-0661; glennburdick@csi.com.

Introductory Meditation Lecture with Chetana Florida at Lighthouse Center • May 28, June 25, July 30, Aug. 27, 7:00-10:00 p.m. • Introductory lecture on mantra meditation and empowerment with a mantra. \$50 or \$15 for repeat. Call Nirmala at 663-2218.

Intensive Meditation through Lighthouse Center • First and third Fridays of each month, 7:00-10:00 p.m. • Twenty minutes of meditation on each of the seven chakra centers. Free. Call Prachi at 449-4381.

Memorial Day Meditation Service with Chetana Florida through Lighthouse Center • May 31, 7:00-9:00 p.m. • We will light candles for all loved ones who have transcended. We will also have chanting, meditation and prayers. Potluck after the service. Free. Call Prachi at 449-4381.

Awaken Your Light Body with Sandra Shears • First Friday of each month, 7:00-9:00 p.m. • Through a meditative program, the flow of divine energy transmitted to the earthplane at any given moment is facilitated creating light body activation, soul connection and soul infusion as one becomes a Source of Light, here and now. For all levels. \$25. Call 484-4840.

Mastering Meditation with Kapila Castoldi of Sri Chinmoy Centre • May 17, 24 and 31; June 8, 15 and 22; July 13, 20 and 27; 7:30-9:30 p.m. • A 3-week introductory program covering the essentials of meditation, quieting the mind, practical techniques of relaxation and meditation and self-improvement. Interested individuals may continue through a series of advanced sessions. Free. Call 994-7114.

Lomi Flying Dance Meditation with Alani Galbraith-Kuzma and Tom Kuzma • Thursdays, 7:00-9:00 p.m. • This graceful and powerful energy awakening movement, based on the infinity symbol, speaks to our ancient body knowing that we too are infinite beings. It teaches alignment, empathy and expansion as it moves the primal healing energy of unconditional love. \$5 and a snack to pass. Call 327-9328; lomisong@conglomerate.com.

One Day Non-Residential Retreat for Experienced Students with Barbara Brodsky of Deep Spring Center • May 1, 9:00-5:00 • Insight or vipassana meditation is a simple and direct practice - the moment to moment investigation of the mind/body process through calm, focused awareness. It allows us to distinguish between obsessive thought and focused reflection and to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. This frees our mind from conditioned patterns of self-centeredness and negativity, opening our heart to deeper wisdom and compassion. This process of opening non-judgmentally and compassionately to ourselves moves from the practice period to the whole of our lives. We begin to know each moment as practice for our growth toward wholeness and harmony. The meditation derives from Buddhist teaching but no special religious beliefs are necessary to its practice and no forms or rituals are taught. This day of meditation is for students who have had adequate instruction and practice to benefit by a silent day of meditation without instruction. Barbara is available throughout the day for private meetings and there is an optional discussion period. Open only to those who have taken a prior introduction or beyond, attended a vipassana retreat or have equivalent experience in meditation. \$15. No one denied participation for financial reasons. Donations to Barbara also accepted. Call Hal at 971-3455.

Monday Night Meditation with Barbara Brodsky and Other Deep Spring Center Teachers • May 3 and 17, June 7 • See above description of insight meditation. We will begin with an optional potluck at 6:30 (first Mondays only), instruction at 7:00, sitting at 7:30, followed by a talk and discussion or other activity. Summer meeting dates not yet finalized. Call 971-3455 or David Lawson at 662-8317; darnue@msn.com.

Meditation for Health and Wholeness with Cassie Cammann and David Coupland of Deep Spring Center • Thursdays beginning April 22, 7:30-9:30 p.m. • See above description of insight meditation. This six-week class will offer instructions for insight meditation. It is suitable for beginning and continuing students. \$40. Call 971-3455, David Coupland at 995-5344 or U. of M. class coordinator at 764-7544.

Mindfulness Meditation for the Beginner with Erica Dutton • Offered monthly in spring and summer • This 2-hour introductory workshop teaches mindfulness meditation and how it can benefit you. You can use this form of meditation anywhere, anytime, anyplace. Learn how to meditate in a practical way - no futons, no incense, no candles, no lotus position - and still enjoy the benefits. \$35. For dates and times, call 677-3056; eldutton@aol.com.

Residential Meditation Retreat with John Orr and Barbara Brodsky of Deep Spring Center • June 11 in the evening through June 13 in the afternoon, or the week of June 11-19 • The two foundations of the weekend are insight meditation and practices of lovingkindness, equanimity, compassion and sympathetic joy, which support the primary meditation practice. We'll be alternating sitting and walking meditation. Mindfulness throughout the 24 hour day will be a focus. Although the retreat will be held in silence, there will be clear instructions for beginning and advanced meditators, evening talks and optional discussion periods with teachers. Our heart's willingness to open is key to spiritual development. Beside insight practice, we will deeply touch our heart's center with chanting drawn from several traditions and meditations based on non-dual awareness. We begin by healing the separation we may feel from our own heart, then offer this love to people in our lives and to all beings. \$360 for the week or \$185 for the weekend. For a brochure, call Hal at 971-3455.

Meditation with Ema Stefanova • Sundays, 3:30 p.m. • Beginner to intermediate level meditation class focusing on simple relaxation, concentration and meditation techniques applicable in everyday life. For cost, call 665-7801; emastefanova@compuserve.com.

Meditation on the Chakras with Ema Stefanova • May 8-9, May 23, June 6, Aug. 29, 1:00-3:00 p.m. • Two-hour workshop on Kriya yoga meditation on the chakras - the energy centers of the body. For cost, call 665-7801; emastefanova@compuserve.com.

Men's Work

Men's Issues Therapy Group with Cam Vozar • Mondays beginning May 3, 7:00-8:30 p.m. • An ongoing therapy group supporting men to change their lifestyles and relationships, promoting recovery from addiction, depression, isolation and divorce. \$35 per session with some insurances accepted. Call 747-9073; cvozar@aol.com.

Midwifery

Doula Skills Training and Certification with Patty Brennan • June 25-27 • Become a Professional Labor Assistant. This class prepares you to provide sensitive, knowledgeable and skillful care as a Doula at home, birth center or hospital births. Learn a wide variety of labor support strategies, as well as essential communication skills for doulas that emphasize establishing trust with the mom-to-be and working effectively with her health care providers as part of a team. \$250 or \$225 if paid by May 28. Call 663-1523; gbrennan@umich.edu.

"Growing spiritually can be like a rollercoaster ride. Take comfort in the knowledge that the way down is only preparation for the way up."
- Rebbe Nachman of Breslov

The Millennium

The Global Women's Movement: Toward the 21st Century with Maria Riley through Weber Center • July 23 at 7:00 p.m. through July 25 at 1:00 p.m. • The past 25 years have witnessed the phenomenal evolution of the global women's movement, a sign of hope for the 21st century. The movement's agenda focuses on the well-being of the human and earth community as defined and articulated from women's experience and point of view. Human rights, economic security and economic justice, peace, power and participation, health, education and the girl child are the key action agendas that emerged from the women's deliberations at the Fourth World Conference on Women in Beijing, 1995. This weekend will explore the evolution of the global women's movement and its agenda for the 21st century. \$125. Call 517-266-4000 or fax 517-266-4004; Webercentr@aol.com or http://www.op.org/adrian/weber.htm.

A New Vision for a New Millennium with Satish Kumar through Upland Hills Ecological Awareness Center • June 21, 10:00-4:00; potluck at 6:00; solstice ceremony at 7:00; presentation at 7:30 • Turning from the time of materialism and conquering in the 20th century to develop a new vision bringing science and spirit together. Yoga, walking, cooking, talking to discern and develop new ways of acting for the earth and the spirit. For cost, call 248-693-1021; uheac@igc.org.

Y2K Preparedness Conversations with Lois Robbing through Upland Hills Ecological Awareness Center • A non-scary approach to securing a resilient community even in the face of problems that may arise as the calendar clicks from '99 to '00. Free. For date and time, call 248-969-2518; uheac@igc.org.

The Crazy Wisdom Calendar

Mind/Body Healing

Explorations in Mind/Body Healing with Various Presenters through Essence Point • May 28 and June 25, 7:30-9:30 p.m. • A community gathering to explore and exchange new ideas and concepts in the areas of metaphysics, spirituality, psychic development and healing. We will experience group meditation, presentations on various topics and work with a variety of healing techniques for individuals and groups. Time will be allowed for group interaction and questions and answers. \$10. Call 913-9830.

Mothers & Daughters

Raising Strong and Confident Daughters with Carole Lapidus and Sally Wisotzkey • May 8, June 12, 9:00-3:00 • Parents have a growing concern about the risks their daughters face as they move from childhood through adolescence. Achievement and self-confidence often give way to looking good and pleasing others. This class provides parents with hands on strategies to help their daughters stay strong and resist limiting cultural stereotypes. \$65 per person or \$120 per couple. Call 747-9191.

Movement & Dance

Dances of Universal Peace with John and Sylvia Middlebrooks • First Friday of each month, 7:00-9:00 p.m. • Open your heart to peace and joy through song and chant from the world's spiritual traditions and simple circle dances. All welcome. No experience or partner needed. \$5 donation. Call 996-1332; jmidd@umich.edu.

Life Forms and Ritual Movement with Antonio Francesco through Upland Hills Ecological Awareness Center • June 11 at 7:00 p.m. through June 13 • Explore your life stories in this weekend of mirroring, mapping, body release work and improvisational dance. \$145 includes all meals on Saturday and Sunday brunch. Call 248-693-1021; uheac@igc.org.

Ann Arbor Authentic Movement Group • Meets bi-weekly • We are a self-facilitated group. Authentic Movement is a profoundly simple process of self-directed movement. By following the body's impulses, movement becomes spiritual practice, creative resource and psychological narrative. Our group is currently open and we invite those wishing to cultivate an intimate knowledge of their embodied selves to come explore this process. Nominal fee to rent space. For dates and times, call Robin Graubarth at 665-2345 or Peter Norlin at 878-2900; redrobinah@aol.com or pfnorlin@ameritech.net.

"A musician must make his music, an artist must paint, a poet must write if he is to ultimately be at peace with himself."

-Abraham Maslow

Emerging through Movement with Charleen Berels • Ongoing • Listen to the wisdom of the body, claim your personal narrative, enter your creative core and invite healing through self-empowerment. For those seeking to practice Authentic Movement with a personal witness in a safe environment. For more information, call 995-8716; cberels@aol.com.

Introduction to Contact Improv Workshop with Margot Lystra through Dance Gallery Studio • Sundays, May 9-June 20, 2:00-3:30 • Have fun rolling, tumbling, sharing weight and jamming with other movers. Learn skills in a casual, safe, fun environment. \$60. Multiple workshop discount available. Call 747-8885.

Ballet Barre/Dance Conditioning with Carole Anthony through Dance Gallery Studio • Thursdays, May 6-July 1, 9:30-11:00 a.m. • Enjoy the toning benefits of ballet and the pleasure of barre exercises in this low-stress, wholistic class. \$64. Call 747-8885.

Modern Dance Technique Classes with Teachers of Dance Gallery Studio • May 6-Aug. 22, day and evening classes offered • Beginning, intermediate and advanced modern classes in a variety of styles. Many classes with live music. \$8.50-\$10 per class. Call 747-8885.

African Dance (Congolese Style) with Biza Sompia through Dance Gallery Studio • Mondays, May 3-June 28, 6:30-8:00 p.m. • Biza Sompia leads Congolese dance and drum sessions. \$68. Call 747-8885.

Music & Sound

Wednesday Service with Robert Gass through Church of Today • June 9, 1:00 and 7:30 p.m. • Robert Gass is a well-known composer of New Age inspirational music. His CDs include On Namah Shivaya, From the Goddess and Ancient Mother. Chanting. Donations accepted. Call Marianne Dubuque at 810-758-3050.

Natural History

Fossil Hunting Field Trip with Matthew Linke through UM Exhibit Museum of Natural History • May 21-22 • Gather in Alpena, MI for an exciting weekend of fossil hunting and related activities. Transportation, accommodations and meals on your own. \$15 per person or \$25 per family. Call 647-1381; mlinke@umich.edu.

Nature & The Wilderness

Drawing from Nature with Jean Booms through Visitation: Center for Prayer and Spirituality • July 8, 6:00-9:00 p.m. • Treat yourself to an evening of contemplative drawing focusing on some fragment of nature's abundant beauty. This will be an opportunity to really notice and respond through drawing what your eyes see and your heart feels. \$20 with materials included. Call 734-242-5520; visitation@teleweb.net.

Beginning Wilderness Journey: Three Days of Full Moon Ritual and Healing with Mateyo Empie, the Medicine Woman • July 24-28 includes travel time • Allow Mother Earth to sweetly hold you on one of her most isolated Lake Superior beaches during three days of rejuvenation. Dance in the light of the full moon on a sheer cliff 200 feet high. Cleanse your spirit in the Ojibway "land of thunder and the gods". Beginners welcome. No ritual or backpacking experience necessary. All food, hotel and equipment luxuriously provided. Space very limited. \$480 with a \$40 discount if paid by April 30. Call 663-5505; snakewillo@aol.com.

Advanced Wilderness Journey: Four Days of Solar Eclipse Ritual and Healing with Mateyo Empie, the Medicine Woman • Aug. 7-12 includes travel time • See above description. Prerequisite: Empowerment Healing Weekend or the Beginning Wilderness Journey. \$580 with a \$50 discount if paid by April 30. Call 663-5505; snakewillo@aol.com.

Nutrition & Food

Coping with Stress: Nutritional and Dietary Strategies with Linda Sayer • June 15, 7:00-8:30 • Focusing on how stress is affecting our bodies, this class outlines methods to alleviate the physical stress response. Through the foods we eat and the nutrients we take, we can even make an impact on energy, mood, the immune system and injuries. \$15. Call 677-1900.

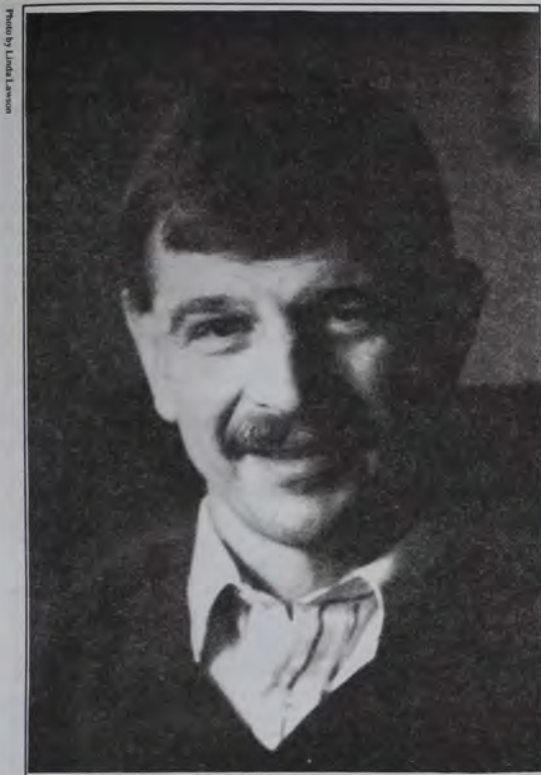
Energetic Food Analysis with Tom Egan • May 13, June 24, Aug. 26, 7:00-9:00 p.m. • Take a look at your health through the energetic plane. Receive a sample intuitive food analysis and feel how those foods play out with other members of the group. Help tune in your intuition through a process of kinesthetic comparison. A series of experiential workshops with readings, channeling, questions and answers and discussion. Each night is unique. \$25. Call 913-9878.

Women, Food and Body Image Case Supervision and Training Group with Judith Banker • Second Tuesday of each month, 9:00-10:00 a.m. • This ongoing, drop-in group is open to health care professionals currently treating clients with food, weight and body image issues and those who would like to gain more expertise in treating these issues. \$25 per meeting. Call 668-8448; banker@umich.edu.

Compulsive Eating 8-Week Support Group with Cindy Gaült and Amy Pershing • Eight Thursdays beginning April 22, 5:30-6:30 • This psycho-educational group will address the emotional, physiological and cultural factors contributing to binge eating and yo-yo dieting. \$50 for the series. Call 668-8585.

Personal Growth

From the Mundane to the Mythical: A Journey into Process Work with Max Schubach and Jytte Vikkelsøe through Institute for Psychology and Medicine • May 16-17 • Process Work is a method that integrates dream work, bodywork, relationship work and conflict resolution, which developed out of Jungian analysis, and has become one of the most highly regarded personal growth and international conflict resolution methods. \$210 with partial scholarships available. Call 663-0661; glennburdick@csi.com.



Cam Vozar is a psychotherapist in private practice. In addition, he leads men's groups, and is a Level II EMDR therapist.

Personal Success Weekend Seminar with John Gray through Church of Today • April 30, 7:00-10:00 p.m. and May 1, 9:00-5:00 • John Gray is the best-selling author of *Men Are from Mars, Women Are from Venus* and other titles. \$199. Call Marianne Dubuque at 810-758-3050; www.churchoftoday.com.

Opening to Feelings with Daphne Kingma through Church of Today • May 8, 9:00 a.m.-1:00 p.m. • Daphne Kingma is the author of *Heart and Soul, Lifetime of Love* and *Finding True Love*. Donations accepted. Call Marianne Dubuque at 810-758-3050; www.churchoftoday.com.

Mastery of Wealth Workshop: A Spiritual Path Toward Your Own Abundance with Donald McAviney • May 21, 9:00-4:00 • An exciting day that will get you on the path toward mastery of wealth, this workshop will challenge you to move beyond what holds you back from financial freedom and jump-start you toward your highest vision for your life. Come ready to make a life, not just a living. \$60-\$75 sliding scale. Call 734-429-8220; lisadon@concentric.net.

Ongoing Weekly Communication Skills Group with Michael Andes • Wednesdays beginning May 19, 7:00-9:00 • Participants will develop interpersonal relationship skills using interactive group process, various guided exercises and individual work in the group. \$20-\$35 per session sliding scale. Call 662-5215.

Simplify Your Life: Beyond Clutter with Helen Volk through Weber Center • June 25 at 7:30 p.m. through June 27 at 1:00 p.m. • Simplicity is about releasing the mental, emotional, physical and spiritual dimensions of life that create clutter and chaos. Discover what keeps you stuck in your clutter and journey with us beyond organizing your things to simplification as a philosophy of living. Explore your spiritual beliefs and contrast your values with society's emphasis on possessions. Participants will gain a better understanding of their attitudes about possessions and leave with a plan to simplify their lives and the inspiration to implement it. The process includes group discussion, individual exercises, personal reflection and group sharing. \$110. Call 517-266-4000 or fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrian/weber.htm>.

The Art of Prosperity: Creating and Manifesting Abundance with Catherine Powers and Jill Blixt • June 2, 7:00 p.m. • Even though we may not believe it, money and prosperity are part of our spiritual growth. In this brief workshop, we will guide individuals through a series of techniques that will introduce a new perspective on the roots of their money problems, help them discover and dismantle destructive financial behaviors and generate a new perspective about abundance. \$15. Call Jill at 662-0282 or Catherine at 792-0700.

Ten Weeks to Greater Prosperity with Catherine Powers and Jill Blixt • Beginning June 7, 6:30 p.m. • Even though we may not believe it, money and prosperity are part of our spiritual growth. True abundance involves not only money but embracing life's prosperity in all areas including emotional depth, nurturance of self, richness of creativity in our work as well as our physical environment. In this workshop, individuals will use a variety of techniques including writing, collage, visualization and meditation to uncover their core beliefs about prosperity, dismantle destructive financial behaviors, clear blockages and create life enriching habits to generate a new abundance. \$30 per week includes light supper and supplies. Call Jill at 662-0282 or Catherine at 792-0700.

Creating a Positive Future with Jane Bagchi and Jill Blixt • June 11, 7:00-10:00 p.m. and June 12, 8:30-4:00 • Create a positive future rather than just dream about one. Work with two personal life coaches who will show you ways to develop a clear vision for your future and create an action plan to manifest the life you want. Come away with renewed optimism and momentum to manifest your heart's desire. \$130 includes light lunch. Call Jane at 995-9122 or Jill at 662-0282.

Journey Through Midlife with Anita Rubin-Meiller • Six Tuesdays beginning May 11, 7:00-9:00 p.m. • Midlife is a time of challenges and opportunities for personal growth. Through discussion, reflection and experiential exercises, we will explore such issues as embracing our aging, reclaiming our power and nurturing ourselves. \$25 per session. Call 663-2585.

Leila Circle: Dream Group with Suzanne Eastman • May 14 and June 11 • Discover common archetypes, uncover your personal dream symbols. Reenact your puzzling dreams through psychodrama or reenter them through shamanic trance. Dream together. Monthly committed group. \$25. Call 973-0299; Suzanne@home.msn.com.

NLP: Facilitating Growth and Change with Art Giser through Practical Psychic Center of Ann Arbor • Weekend date to be announced • An unusual opportunity to integrate NLP, Neuro-Linguistic Programming, and various types of energy work. Learn and develop skills to use in working with others and for yourself. For date, time and cost, call 480-7796.

Proud To Be Me: A Self Esteem Workshop for Women with Soundings: Center for Women Staff • Six-week groups offered regularly • Learn to deal with your toughest critic - yourself! Join this group and develop a new and positive self-image. Start liking yourself and making assertive decisions in your life. \$120 with partial scholarships available. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

Professional Enrichment

First Fridays: A Women Therapists Group with Sandi Cooper of Soundings: Center for Women • First Friday of each month, 2:30-4:30 • Working in the field of mental health can be very challenging. Come together once a month for a safe and supportive place for conversation, peer support, case conferencing and networking, including job information. Free. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

Reiki

Introduction to Reiki with Vicki Lea Quibell • May 18 at 7:00 p.m. and June 6 at 1:00 • General overview of Reiki as a (self) healing tool and mini session, if desired, for individuals in attendance. Free. Call 416-5200.

Regrets can hold you back
and can prevent the most
wonderful things taking place
in your lives."

-Eileen Caddy

Reiki I with Vicki Lea Quibell • May 23, June 19, July 11, 1:00-5:00 • Reiki is an ancient, powerful but gentle healing technique that can be easily learned by anyone. This initiate class covers origin, history, lineage and practice of traditional Usui Reiki. Includes attunements, certificate and continued support. \$100. Call 416-5200.

Reiki II with Vicki Lea Quibell • July 18 or Aug. 29, 11:00-5:00 • This second level of traditional Usui Reiki empowerment and training includes attunement, hands-on practice, certificate and continuing support. Prior Reiki I required for this class. \$150. Call 416-5200.

Reiki Support: Healing Temple with Vicki Lea Quibell • May 29, July 31, Noon-3:30 • A time of sharing Reiki. Open to those practicing Reiki at all levels as well as those wanting work or new to the experience. Donation accepted for space and snack. Call 416-5200.

Reiki for Animals with Ray O. Golden of Center for Intuitive Health • June 5-6 or July 25 and 28 • This class is oriented toward working with animals. The first day is the Traditional Reiki One class which can be waived if you have had Reiki from a traditionally trained Reiki Master. The second day is focused on using Reiki with animals. Only people are to attend. For cost, call 663-9724.

The Crazy Wisdom Calendar

Reiki (continued)

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • June 5 or July 25, 9:00-6:00 • In this workshop, the student receives all the traditional attunements to the Reiki energy, learns to facilitate other's healing and learns self-healing techniques. \$125 or \$95 if paid one week in advance includes manual and certificate. Call 663-9724.

Second Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • July 31, 6:00-10:00 p.m. and Aug. 1, 10:00-4:00 • Traditional attunements deepen the process. The student learns even more powerful healing techniques and powerful distance healing techniques. \$225 or \$180 if paid one week in advance. Call 663-9724.

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • May 6, June 3, July 1, Aug. 5, 7:00-9:00 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724.

Curious About Reiki? Free Introductory Talk with Suzy Wienckowski • June 9, 7:00-8:30 p.m. • The Usui system of Reiki healing is an ancient, hands-on healing art involving the transmission of the Universal Life Force through the hands of the practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Free mini-treatments will be offered for those wishing to stay after the talk. Free. Call 668-8071.

First Degree Reiki Class with Suzy Wienckowski • May 14-16: Friday, 7:00-9:30 p.m.; Saturday, 9:30-4:00; Sunday, 9:30-12:30 or July 9-11: Friday, 7:00-9:30 p.m.; Saturday, 10:00-4:00; Sunday, 10:00-12:30 • Reiki reduces stress, eases pain and restores balance and harmony on all levels - body, mind spirit. This class includes the history of Reiki, hands-on treatment form for yourself and others and 4 individual initiations. Certificate awarded. \$150. Call 668-8071.

Second Degree Reiki Class with Suzy Wienckowski • June 4, 7:00-9:00 p.m. and June 5, 10:00-4:00 • Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy, enabling the practitioner to heal on a deeper level and to send Reiki at a distance. Certificate awarded. First Degree training is required. \$500 with creative financing available. Call 668-8071.

Reiki Practitioner Certification Levels I and II with Kim and Steven Falcone • May 23 or July 18, 9:00-5:30 • Reiki is an ancient healing touch system in which an initiated practitioner channels healing energy through the laying on of hands. You will learn the history of Reiki, Reiki ideals, chakra system, hand positions for self-healing and others, sacred Reiki symbols, group and distant healing and more. Includes course manual, attunements, certificate and lunch. \$175. Call 449-8111 or 800-311-9914.

Reiki III Master Certification with Steven Falcone • June 13 or Aug. 15, 10:00-3:00 • This workshop trains an individual in the process of teaching Reiki and initiating other Reiki practitioners. You will learn a review of Level I and II, the Usui Master Symbol, body positions to increase energy, traditional and alternate methods of passing attunements, suggested course outlines for teaching Reiki, complete course manual, master attunement, Master certificate and lunch. \$350. Call 449-8111 or 800-311-9914.

Shamanism

Shamanic Journeys with John Morris • Wednesdays, 7:30 p.m. • Weekly trance journeys for healing, divination, personal transformation, using Belinda Gore's book, Ecstatic Body Postures. Free. Call 665-3522; seeker@cyberspace.org.

"The woods would be very silent if no birds sang except the best."

Yiddish Proverb

Transformative Weekend Workshop: Empowerment Healing with Mateyo Empie, the Medicine Woman • May 14-16 or July 16-18; Friday evening, all day Saturday and Sunday until 2:00 p.m. • An introduction to shamanic healing practices ancient and modern. Learn grounding, creating sacred space, using your luminous healing body, channeling healing energy, setting boundaries in relationships, raising spiritual energy, the Peruvian fire ceremony, types of spirit guides, vitalizing and repairing the aura and other tools to heal and empower ourselves. Packed with the most effective tools of transformation, this class is the first in a year-long series around the Medicine Wheel of Healing, Mystery and Vision. \$225. Call 663-5505; snakewillo@aol.com.

Singing & Songwriting

Singing Our Heart Songs: Messages from Feminist Songwriters with Mary Priniski of Weber Center • Aug. 1-6, 9:00-11:30 a.m. • The heart songs of the musical group Sweet Honey in the Rock, Carolyn McDade, Colleen Fulmer and others will be experienced musically and examined from a theological perspective. We will listen to, sing and reflect on the vision and challenge embodied in feminist music. We will allow the music to expand our horizons and deepen our solidarity with women of many cultures. \$325. Call 517-266-4000 or fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrian/weber.htm>.

Songwriting for Self-Discovery and Healing with Laura Massaro • Begins the end of May • For those who want to learn to use words, poetry, music and sounds to express themselves, access their inner voice and have fun in a supportive environment. Eight-week class for writers of all kinds. \$20-\$25 per session depending on size. Call 971-6627.

Spiritual Development

Weekend Workshop with Gurudev Shri Chitrabhanu through Lighthouse Center • June 4-6 • Weekend workshop with lectures, blessings and consultations. \$35 each day for both sessions or \$20 for one session. Call Prachi at 449-4381.

In Conversation with Thomas Moore through Upland Hills Ecological Awareness Center • May 16, 11:00-1:30 • Open dialogue on nature, spirituality, eros, sex, love and intimacy. For cost, call 248-693-1021; uheac@igc.org.

Wisdom Is In Simplicity ... Not Words: A Course In Miracles Weekend Workshop with Tara Singh • May 21-23 • Do you find yourself busy, yet unfulfilled and exhausted? There is another way to live. As Tara Singh shares his own discoveries, you can begin to awaken your inner strength to meet life's challenges, find a new approach to reading the Course and discover the relevance of the Course to daily living, relate with Divine Intelligence - the key to a simpler life, let go of illusions that pressure and disappoint you and more. Come receive the gift of stillness that accompanies Tara at the workshops. \$220 includes lunch. For more information, call Cathy at 971-7617.

Tilting at Worms, Sprouts and Windmills: Moving Toward an Ecological Spirituality with Weber Center Staff • July 9, 7:30 p.m.-July 11, 1:00 p.m. • You are invited to gather with others who strive to understand and care about the future of the planet and all life systems. We will create sacred space, deepen our understandings, share ideas and experiences, name areas of special interests, take action where possible and celebrate ceremony and ritual. This experience, open to all women and men who find themselves moving toward an ecological spirituality, is an opportunity to enhance sensitivity to all of creation. \$100. Call 517-266-4000 or fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrian/weber.htm>.

Spiritual Consciousness Healing with Jonathan Ellis • May 27, 7:30 p.m. • This free presentation is for people who would like to learn how to become a spiritual consciousness healer as well as for people who are in need of such healing for themselves. Jonathan Ellis has been trained to enter a state of consciousness where there is no separation between the healer, the person seeking healing and the source of healing. This form of spiritual healing does not involve the use of hands or any exchange of energy. Spiritual consciousness healers are able to hold simultaneously a very deep intention for the well-being of another person and no attachment to results. This evening program will include a conceptual overview and practical application. Free. Call 668-6672.

Independent Spiritual Network with Ruth Schekter and Bill Zirinsky, Owners of Crazy Wisdom Bookstore • May 26, 7:30 p.m. • The Ann Arbor Independent Spiritual Network connects people who are finding their own individual spiritual path. This is a group for people who want to examine and use spiritual concepts from more than one spiritual tradition. The Network makes no attempt to create a consensus spirituality but rather encourages individuals in their independent spiritual search. Meetings are held three times a year. All are welcome and each meeting includes a short presentation by invited speakers followed by discussion. For this meeting, Ruth and Bill have been invited to discuss the newly expanded Crazy Wisdom Bookstore and how it will be a resource for the Ann Arbor spiritual community. Free. Call 668-6672.

Adept 1 and Initiation into the Universal Brotherhood/Sisterhood of Light with Gudni Gudnason • May 1 or Aug. 28, 10:00-10:00 • The purpose of this class is to heighten your awareness and to learn tools that enable you to directly contact and interact with the masters and the Divine on a daily basis. \$395. Call 662-4259 or 800-505-2580; triolite@favorites.com.

Adept 2 with Gudni Gudnason • May 2, 10:00-10:00 • Continuation of heightening your spiritual awareness and increasing your direct interactions with the Universal Brotherhood/Sisterhood of Light and the Divine. Adept 1 is a prerequisite. \$222. Call 662-4259 or 800-505-2580; triolite@favorites.com.

Field of Spirit with Sandra Shears • Second Saturday of each month, 10:00-Noon • Introduction to the concepts of active meditation, intent, direct experience, energy healing, the paradox of soul, light body, self-realization, God-actualization, spiritual sexuality and multi-dimensionality. \$10 or free to first-timers. Call 484-4840.



Photos by Linda Lawson

Suzanne Eastman leads therapy and dream groups, chiefs quarterly sweat lodge ceremonies, and develops personal ceremonies for important life passages.

Flower of Life Workshop with Lorna Brown • May 21-23 or Aug. 7-8 • Understand sacred geometry and learn to reactivate your Merkaba energy field for ascension, healing, your connection with higher self and fully opening the heart. Helps to realize the connectedness of all life and your purpose in it. \$222. For times, call 734-428-8748.

Lecture Discussion Evenings sponsored by the Great Lakes Pathwork Inc. • Second Friday of each month, 7:00 p.m. • Informal gathering to read and discuss Pathwork lectures. These lectures contain a unique mix of psychological and spiritual concepts. Free. Call Lisa Wolf at 930-0864 or Nick Meima at 663-5853.

Women's Empowerment through Spiritual Growth with Dale Crayne through Soundings: Center for Women • Six-week groups offered regularly • Empower yourself by applying spiritual principles to life's daily challenges. Join us for group discussion, meditation and self-awareness exercises in an open, supportive setting. \$120 with partial scholarships available. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

Second Mondays: A Gift for Your Spirit with Dale Crayne of Soundings: Center for Women • Second Monday of each month, 6:30-8:30 p.m. • Life is a great teacher. Use your life experiences to grow spiritually. Through meditation and supportive group discussion, learn to listen to your own inner wisdom. Free. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

On Releasing the Need to be a Somebody: Expressing Who You Truly Are with Brenda Morgan • June 11, 7:00-9:00 p.m. • When we feel better than or less than another, we are not relaxed or able to express who we truly are. Brenda's spiritual transformation allows her to share spiritual insights and wisdom as well as self-reflective tools related to this common human dilemma and its healing. \$35. Call Susan Fancy at 665-0536.

A Gathering in Spirit with Brenda Morgan • June 12 or Aug. 14, 9:00-4:00 • A spiritual intensive (each intensive is unique) for those wishing to deepen their spiritual/meditation practices and openness to God. Only a sincere interest in opening to Spirit is necessary; the particular religious structure you have chosen should not conflict with the day's activities. The exercises and meditation provide opportunities to see personal egoic strategies and resistance to God and how to return attention to the meditative/prayer process. No experience necessary. \$85. Call Susan Fancy at 665-0536.

The Instinct for Truth: Mankind's Hidden Gift with Brenda Morgan • Aug. 13, 7:00-9:00 p.m. • The human psyche has a built-in truth reflex, an involuntary instinct for truth. It registers in any sentient being. However, what they do with it is another story! This evening's spiritual seminar is geared to help participants align their awareness with this natural, organic response and learn to act upon it in everyday life. Brenda's spiritual transformation provides deeper insights and wisdom regarding this often ignored mechanism for human and spiritual growth. \$35. Call Susan Fancy at 665-0536.

Releasing Pain, Increasing Serenity with Sheila Layla Ritter • May 19 or July 7, 7:00-9:00 p.m. • Pain can take many forms - depression, anxiety, addictions, phobias, grief, physical injury or illness. Spiritual therapy can help us find the lesson in the pain, release it and move on to a greater sense of contentment and serenity. This introductory talk explains the process and techniques of spiritual therapy. Free. Call 973-0684; layla@met.arboret.org.

Bread for the Journey with Sally Gabany through Visitation: Center for Prayer and Spirituality • Aug. 12, 9:30-3:30 • Come and be nourished by a day of spiritual rest and reflection. The day will consist of input, prayer, time for quiet reflection and opportunity for sharing. Bring a bag lunch. Drinks provided. \$25. Call 734-242-5520; visitation@teleweb.net.

Finding God in Silence with Mary Ann Carolin through Visitation: Center for Prayer and Spirituality • June 30, 9:30-Noon • "Is there enough silence for the Word to be heard?" -T.S. Eliot. When we become comfortable with silence, we begin to notice that it speaks to

us as loudly as anything we could hear. The morning will include input, quiet reflection, sharing and communal silent prayer. Bring a bag lunch if you wish to stay. \$10. Call 734-242-5520; visitation@teleweb.net.



Prayer of Weaving Peace with Eva Schoell ihm, Judith Bonini ihm and Mary Ann Szydlowski of Visitation: Center for Prayer and Spirituality • June 20 after 7:00 p.m. through June 26 after brunch • Working on a simple loom, each retreatant will experience the gift of God working through our hands ... weaving peace in our hearts. No previous weaving experience necessary. Each day of the retreat will consist of a morning focusing, presentation and evening prayer. Ample time for quiet prayer/reflection will be provided. There will be opportunities for liturgy, personal direction and massage. \$325 for the retreat and \$50 for the massage. Call 734-242-5520; visitation@teleweb.net.

Retreat at Home with Judith Bonini ihm and Mary Ann Carolin through Visitation: Center for Prayer and Spirituality • July 12-16 • This retreat is an opportunity for men and women who are seeking a

deeper relationship with God and cannot ordinarily get away to pray. In this type of retreat, you go about your everyday life, but set aside time for prayer and reflection. You will meet each day with a spiritual director at Visitation who will accompany you in your week of prayer. A firm commitment to daily prayer and to the five directive sessions is required. \$75. For times, call 734-242-5520; visitation@teleweb.net.

Tending the Soul's Garden with Mary Ann Carolin, Sally Gabany and Mary Ann Szydlowski of Visitation: Center for Prayer and Spirituality • June 13 at 7:00 through June 19 after brunch • "The seed, the Word of God, is already sown in the garden of the soul." Retreatants are invited to tend their inner garden through silence, gentle movement, massage and common prayer. There will be an opportunity to meet with a spiritual director daily. Food is provided for retreatants to prepare their own meals. \$325 includes massage. Call 734-242-5520; visitation@teleweb.net.

Spirit Leaders with Tom Egan • June 5 and July 31, 8:30-4:30 • For complete description, see listing under Kids & Young Adults.

Parent and Teacher Open House for Adventures in Spirit and Spirit Leaders with Tom Egan • May 21, June 4, July 2, July 30, 7:00-8:30 p.m. • For complete description, see listing under Kids & Young Adults.

Adventures in Spirit with Tom Egan • May 22 and July 3, 8:30-4:30 • For complete description, see listing under Kids & Young Adults.

In the Tradition of Gurdjieff and Ouspensky: A 4th Way School - Higher Cosmos with Marie Wayker • Tuesday or Wednesday, 7:00-9:00 p.m. or Sunday, 10:00-Noon • This system is based on the recognition that man as he is, is asleep. Yet this system also recognizes man has tremendous potential. A person is asleep because they do not know themselves. In school, there are practical exercises for learning who one is and who one is not. The school is on many levels, yet this basic idea, "know thyself", enters into all the work we do. No cost for introductory meeting. Call 697-2477; marie@mi.verio.com or search@highercosmos.com.

The Crazy Wisdom Calendar

Sports & Spirit

Spirit of Athletics with Tom Egan • Aug. 21, 8:30-4:30 • Most athletes are interested in enhancing performance. So why not see how well you can do by diving deep into yourself? Explore all sorts of techniques and ideas for making athletics magical, mystical and profoundly enjoyable. \$45. Call 913-9878.

Sri Chinmoy Oneness - Home Peace Run • July 25, 10:40 a.m. • Biennial relay run that carries the Torch of Peace through 120 nations on seven continents. The U.S. route crosses all 50 states. People can join by carrying the Torch for a few steps, a block, one or more miles or simply attending the welcoming ceremony at Gallup Park. Free. Call 994-7114.

Storytelling

Storytelling: The Creative Pen that Could and Other Stories with Antoinette Thoin • May 6, 7:30-8:30 p.m. • Antoinette shares intuitive stories. Join in word play and story starter fun. What happens may encourage you to pick up a pen when you get home and spontaneously express yourself. \$10. Call 623-0121.

Storytelling: The Day of the Butterfly and Other Stories with Antoinette Thoin • June 3, 7:30-8:30 p.m. • Spontaneous storytelling about life, its color and its seasons. Can stories carry an ebb and flow of joy? You decide! \$10. Call 623-0121.

Storytelling: Animal Stories with Antoinette Thoin • July 1, 7:30-8:30 p.m. • Antoinette shares animal stories. Reconnect - in a story sense - to Mother Nature and her wonderful animal expressions. \$10. Call 623-0121.

Storytelling: The Wise Rock at the Edge of the Woods and Other Stories with Antoinette Thoin • Aug. 5, 7:30-8:30 p.m. • Antoinette shares intuitive stories and simple activities. Here is an opportunity to explore the notion that stories may help you heal. \$10. Call 623-0121.

Stress Reduction & Relaxation

Mindfulness-Based Stress Reduction Program with Glenn Burdick of Institute for Psychology and Medicine • Begins in May • Eight-week program based upon the work of Jon Kabat-Zinn. Excellent meditation-based program for individuals coping with stress, stress-related problems and chronic illness or pain. For more information, call 973-7377; glennburdick@csi.com.

"You must be the change you wish to see in the world."

- Mahatma Gandhi

Sustainable Living

Natural Building Workshop with Deanne Bednar through Upland Hills Ecological Awareness Center • May 16, 10:00-5:00 • Slide presentation and a hands-on construction of a straw-bale studio. \$15. Call 248-363-1756 or 248-693-5283; uheac@igc.org.

Turning Toward Sustainability: Building a Model Village Based on Your Fair Share of World Resources with Lois Robbins and Deanne Bednar through Upland Hills Ecological Awareness Center • August • Join in the adventure of imagining a delightful and sustainable future through building a model village based on the principles of natural step and the ecological footprint. Also we'll be piloting the fair share game. For more information, call 248-693-1021; uheac@igc.org.

Tai Chi and Martial Arts

Chen Style Tai Chi Chuan through Great Lakes Wushu • Begins May 3 • Beginning class meets Monday and Thursday evenings and Saturday mornings. 36-movement form taught during four-month session. \$60 per month or \$50 for students. Call 994-5980; ribrumi@earthlink.net.

Tai Chi through Jewel Heart • Ongoing Sundays, 4:30-6:00 p.m. • Wu style Tai Chi for health and focus. Beginners welcome. \$5 suggested donation. Call 994-6139 or 994-3387.

Tai Chi Chuan with Sifu Linda Wolslau • Ongoing Mondays, 12:30-1:30 • An ancient Chinese exercises of slow relaxed movements. Promotes well-being of body, mind and spirit. \$42 for six weeks. Senior citizen discount offered. Call 810-227-4058.

Kara-Te-Robics with Ed Jackson through Ann Arbor YMCA • Mondays, 5:30-6:30 • Karate aerobics includes fitness, yoga and self-defense. \$23 for members. Call 663-0536.

"The fastest way to freedom is to feel your feelings."

- Gita Bellin

Karate (Shotokan) with Morris Laurence through Ann Arbor YMCA • Mondays, Wednesdays, 7:30-9:00 • Basic traditional Karate. \$23-\$80. Call 663-0536.

Chinese Healing Kung Fu with Victor Chao through Magic Dragon Studio • Mondays and Thursdays, 7:00-9:00 p.m. • Bagua, Xingyi, Qigong and Tuina bodywork offered. Bagua uses inner power in winding, wrapping curves of whole body movement. Regular practice helps join body, breath and mind. \$50-\$80 per month. Call 663-8073; victor_chao@juno.com.

Shaolin Temple Strength Training with Michael Gillespie • Tuesdays; Basics at 7:30, Advanced at 8:30 • Basic class includes stance training and self-defense; advanced class includes mantis, chi gung, iron palm, chin-na, etc. \$10 per class for Basics; Advanced class varies. Call 528-9223.

Tai Chi Chuan Summer Intensive for Beginners with Wasantha Young through Peaceful Dragon School of Tai Chi Chuan • Thursdays, June 8-July 8, 6:00-8:00 p.m. or Tuesdays, 9:00-11:00 a.m. • Tai Chi Chuan is an Internal style of Chinese Martial Arts that concentrates on integrating body, mind and spirit through the continuous flowing set of movement called the Form. Its graceful, relaxing movement relaxes the body, strengthens concentration, balance, develops physical confidence and general well-being. \$150 before May 28; \$165 after. Call 741-0695.

Chi Kung and Wild Goose Form Summer Intensive with Wasantha Young through Peaceful Dragon School of Tai Chi Chuan • Tuesdays, June 8-July 8, 6:00-8:00 p.m. and/or Thursdays, 8:00-10:00 a.m. • Chi Kung is a type of Chinese Yoga. It directly affects the body's physical and energy systems. Chi Kung techniques consist of stretches, imagery, reeling of silk (continuous circular movement), breathing techniques and study of the body's energy system. Wild Goose Chi Kung Form is a 64 continuous movement form that integrates all styles of Chi Kung. \$165 or \$150 before May 28. Call 741-0695.

Tarot & Divination

Transformative Weekend Workshop: Tarot and Psychic Development #1 with Mateyo Empie, the Medicine Woman • June 25-27; Friday evening, all day Saturday, Sunday until 2:00 p.m. • Explore your psychic gifts with the Tarot and other oracles. Covers grounding and centering; choice, care and feeding of your deck; entering a card; setting psychic boundaries; enhancing your ability to find a personal set of meanings for the cards (no memorization); and more. Each student will receive a short reading by the instructor. A fun class with concrete results, it is the first in a six month series leading to professional level expertise. \$225 with a \$25 discount if paid before June 11. Call 663-5505; Snakewillo@aol.com.

I Ching (Stick Method) with Wasantha Young through Peaceful Dragon School of Tai Chi Chuan • May 3-24, Mondays, 8:00-9:00 p.m. • The I Ching is the root and foundation of all the philosophies and traditional practices of the Chinese culture. It is a book of oracles that offer a method of comprehending ourselves, the world and the interaction of life forces. Over 3,000 years ago, this system developed as a vehicle of access to the natural order of life's dynamics. Today, the coins are the most popular method of consulting the I Ching. The Stick method allows one the time to reflect on the questions and see the way to the answer. \$80. Call 741-0695.

Therapy & Support Groups

Weekly Group: Psychotherapy for Women with Suzanne Eastman • Tuesdays, 7:30-9:30 • One opening for a woman committed to authenticity, personal growth and finding meaning. Discover how to heighten your awareness and raise your life force within a nurturing and honest environment. \$25. Call 973-0299; suzanne@home.msn.com.

Skills Training for Emotional Well-being with Kathy Blough • Thursdays beginning May 20, 7:15-9:00 p.m. • A 20-week program for adults who struggle with episodic depression, anxiety and irritability, problems with anger or anger expression, chaotic or intense relationships, fear of separation, low self-esteem or engage in self-defeating or self-punitive behaviors. Skills training will teach you how to live with less emotional suffering and more joy, to tolerate painful emotions and find effective solutions to problems rather than engaging in self-destructive behaviors, to find and keep good relationships and to cultivate mindfulness in your daily life. \$40 per 2-hour session. Call Kathy at 327-2040 or Michele Rivette at 930-2200.

Psychology of the Person Seminar with Kathy Blough • Fridays beginning July 9, 10:30-3:00 p.m. • This 6-week seminar is for people who wish to gain a deeper understanding of how their personality is structured, the effects of childhood on our adult feelings and behavior, understanding our relationship patterns and trouble spots and how to change current life patterns that may be inhibiting our happiness and well-being. \$40 per session. Call 327-2040 or 930-0864.

Ongoing Group Psychotherapy with Mark Blough • Saturdays, 9:30 a.m.-12:30 p.m. or Mondays, 6:00-8:00 p.m. • This intensive, experiential therapy group is designed for members to make life-long changes. To increase joy, happiness and the ability to live life effectively, without being depressed, anxious, angry, irritable. This group offers an opportunity to release depression, anger, anxiety and resolve other emotional issues. This group will integrate Redecision, body-centered, and group-as-a-whole interventions in the group therapy process. \$40 per session. Call 327-2040 or 930-0864.

Harboring Hostility: A Psychotherapy Group for People who Have Difficulty with Anger with Kathy Blough and Mark Blough • Mondays, 10:00 a.m.-Noon, beginning June 21 • This group is for people who have difficulty with anger, either holding it in, afraid to express it or continually feeling angry and/or rageful. Participants will have the opportunity to understand their feelings of anger or fear of it, learn how to process their anger, express it appropriately, learn to let go of their anger and understand the physical problems that unresolved anger has on the body. \$45 per session. Call 327-2040 or 930-0864.

Intensive Personal Growth Marathon with Kathy Blough and Mark Blough • July 23, 7:00-10:00 p.m.; July 24, 9:00-5:00; July 25, 9:00-4:00 • This weekend marathon gives individuals the opportunity to resolve issues that are blocking effectiveness in adult life. It is for people who wish to resolve problems and feel long-term therapy hasn't been helpful or isn't necessary. This marathon is also beneficial for people who are currently in therapy and are feeling stuck, feeling progress is too slow or where issues are remaining unresolved due to time restraints. \$200. Call 327-2040 or 930-0864.

Introduction to Transactional Analysis with Kathy Blough and Mark Blough • July 22-23, 9:00-5:00 each day • This course is an introduction to the theory and practice of Transactional Analysis. It will provide a new perspective for understanding human behavior. The format is a combination of lecture, group discussion, experiential exercises and fun. Participants are encouraged to register for the Weekend Intensive Personal Growth Marathon as well in order to experience how theory is applied in effecting personal change. \$150. Call 327-2040 or 930-0864.

The Original Divorce and Beyond Support Group with Soundings: Center for Women Staff • 8-week groups offered regularly • Encouragement and support for women in a safe setting. Learn valuable information and resources for coping with divorce, whether you are considering it, in the middle of it or beyond it. \$160 with partial scholarships available. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

Living with Depression: Support Group for Women with Soundings: Center for Women Staff • 6-week groups offered regularly • Depression can make you feel helpless, hopeless and alone. Through positive reframing and peer support, learn about the symptoms, causes and treatment that may be appropriate for you. Most importantly, gain the ability to heal and believe in yourself again. Sliding scale cost. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

Lesbian and Bisexual Women Support Group with Soundings: Center for Women Staff • 8-week groups offered regularly • Come together in a safe setting to explore sexuality, relationship and community issues. Topics include families of origin, dating, chosen families, parenting, as well as issues of race, class and disability. Sliding scale cost. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

Wicca

Introduction to Hearth Witchery with Misti Anslin Tucker and John Morris • Second Sundays of each month, 3:00 p.m. • Aimed at the beginning student interested in exploring the meaning of magick in their lives. Particularly for those who are not yet attached to a particular tradition. Free. Call John Morris at 665-3522; seeker@cyberspace.org.

Wyrd Roots of the Sacred Forest: Open Meeting with Gypsy and Hekuba • May 5, June 2, July 7 • This eclectic Wiccan coven would like to invite you to our monthly open meetings. Topic varies each month. Newcomers are always welcome. Free. Contact coveners@hotmail.com.

Women's Health

Our Bodies - God's Gift: Promoting Women's Health with Judith Benkert, Mariane Fahlman and Sharon McGuire through Weber Center • Aug. 1-6; Sunday at 7:00 p.m., Monday-Friday at 1:00-3:30 p.m. • As God's gift, our bodies and spirits deserve reverence and care. Women's health is an issue that directly influences our own well-being and that of our families, especially children. Women's health will be considered from an international and environmental perspective, including social, political, cultural, economic and ecological. In this global context, practical information that will promote our own health, including nutritional balance and exercise, will be presented as we reflect on our responsibility for our bodies and our solidarity with women around the world. \$335. Call 517-266-4000 or fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrian/weber.htm>.

Womenspirit

Women's Word: Feminist Perspectives on Scripture with Nadine Foley through Weber Center • Aug. 1-6; sessions Sunday and Monday-Friday, 9:00-11:30 a.m. • Selected biblical texts will be approached from the perspective of contemporary women biblical scholars such as Letty Russell, Sandra Schneiders, Elizabeth Schussler Fiorenza, Elizabeth Johnson and others. The focus will be on how feminist insight reveals meanings that have been historically obscured. \$335. For Sunday meeting time and more information, call 517-266-4000 or fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrian/weber.htm>.

The Full Humanity of Women with Patricia Benson through Weber Center • Aug. 1-6; Sunday at 7:00 p.m. and Monday-Friday at 1:00-3:30 p.m. • Women around the world are claiming their rights and respect. Feminist theologians are widening the horizons of theology, preparing us for the 21st century. Participants will be introduced to the works of Elizabeth Johnson, Catherine Mowry LaCugna and others. The creative thought of these women and the effect it can have on our lives will be explored. \$335. Call 517-266-4000 or fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrian/weber.htm>.

Gifts of the Spirit: An Experiential Workshop for Women with Laurie Secrist Gudnason • May 1-2 or Aug. 28-29, 10:00-10:00 both days • Opening your connection to divinity and your natural spiritual abilities. Evolving your personality and relationships. Discovering your dominant spiritual sensing ability. Cleaning up your spiritual channel and exercising your spiritual muscles. \$395. Call 662-4259 or 800-505-2580; trilolite@favorites.com.

Healing Ourselves, Healing Our World with Sandra LaRoe • Thursdays, 10:00 a.m.-Noon • Interfaith discussion group for women authors from a wide range of spirituality/healing philosophies. Upcoming titles to read and discuss include *Peace is Every Step*, *The Purpose of Your Life* and *The Good Heart*. New members welcome. \$1 donation for space. Call 995-2429.

Women's Reality, Women's Revelation with Geneal Kramer, Donna Kustusch and Eleanor Stech through Weber Center • Aug. 6 at 7:00 p.m.-Aug. 8 at 1:00 p.m. • That "women hold up half the sky" (and more!) is demonstrated in stories and experiences of being woman - from Mexico, southern Africa and the U.S. Through a process of theological reflection we will share these stories, realize the solidarity of all women and move toward a deeper personal response to the plight of women worldwide. \$125. Call 517-266-4000 or fax 517-266-4004; Webercentr@aol.com or <http://www.op.org/adrian/weber.htm>.

Mask Making for Womyn with Ann Williams • June 14 and June 21, 6:30-9:30 p.m. • This 2-day class will teach the basics of mask making. We will explore the mask as a vehicle for shapeshifting and creating healthy change. \$50-\$75 sliding scale with materials included. Call 213-1991.

Work & Right Livelihood

Building a Business the Zen Way with Parang Geri Larkin through Zen Buddhist Temple • May 4, 11 and 18, 6:30-9:30 p.m. • This series of seminars is a training program for people who want to start and build right livelihood businesses. \$15-\$30 sliding scale per session includes workbook. Call 761-6520.

Athena Job Club with Anne Benedict through Soundings: Center for Women • Tuesdays, 9:30-10:30 a.m. • A group for women who want to share ideas and support for building their careers. Meet with other active job seekers as you network your way to hidden job leads. \$5. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

Career Networking Night for Women with Anne Benedict through Soundings: Center for Women • May 6, 6:30-8:30 p.m. • Expand your network by learning about women in various careers. Come prepared with questions and leave with valuable information about career paths, industry trends and creating your own right livelihood. Free. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

Career Connection with Anne Benedict through Soundings: Center for Women • Thursdays, May 20-June 24, 6:00-9:00 p.m. • Considering a career or job change? Start by creating your ideal job description and learn how to research potential careers to match your ideal. We will also discuss networking, resumes and cover letters, interviewing and salary negotiations. \$180 with partial scholarships available. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

The Crazy Wisdom Calendar (continued)

Yoga

Iyengar Yoga with Lynn Lee Sky through Dance Gallery Studio • May 3-Aug. 22, day and evening classes available
• Experience stress relief, centering and increased flexibility in these multi-level classes. \$8.50-\$10 per class. Call 747-8885.

Ann Arbor School of Yoga with Laurie Blakeney • Ongoing classes • Class lessons in Asana (postures) and Pranayama (meditative breathing) taught to all skill and experience levels. \$105 for 10 weekly sessions. Call 663-7612.

Beginning Level Yoga with David Rosenberg through Ann Arbor Public Schools Community Education and Recreation • Saturdays, June 26-Aug. 8 • Using beginning yoga poses and techniques, we stretch, strengthen and align body and mind. Yoga is great in helping back pain, mental stress and increasing flexibility. \$36 for residents; \$46 for non-residents. Call 662-6282; message4@aol.com.

Beginning Level Yoga with David Rosenberg through Ann Arbor YMCA • April 29-June 10, 4:00-5:30 p.m.; May 2-June 13, 2:15-3:45 p.m. or June 24-Aug. 12, 4:00-5:30 p.m.; June 28-Aug. 16, 2:15-3:45 p.m. • Using beginning yoga poses and techniques, we stretch, strengthen and align body and mind. Yoga is great in helping back pain, mental stress and increasing flexibility. \$61. Call 662-6282; message4@aol.com.

Intermediate Level Yoga Class with David Rosenberg through Ann Arbor YMCA • May 2-June 13, 12:30-2:00 p.m. or June 28-Aug. 16, 12:30-2:00 p.m. • \$61. Call 662-6282; message4@aol.com.

Yoga Classes through Inward Bound Yoga Program with Cathy King, Martha Laatsch, Barb Linderman, Lynette Smith and Jonathan Tyman • Five levels of hatha yoga classes, Astanga yoga, postures to sacred music, yoga dance and workshops. For brochure, call Barb Linderman at 971-8562.

Astanga Yoga through Inward Bound Yoga Program with Jonathan Tyman • Saturdays, 8:15-10:00 a.m. • Ongoing drop-in class. For cost, call 996-4549.

Yoga for Kids Ages 7-10 with Ema Stefanova • Saturdays, 3:00-4:00 p.m. • For complete description, see listing under Kids & Young Adults.

Yoga for Kids and Parents with Ema Stefanova • Saturdays, 2:00-3:00 p.m. • For complete description, see listing under Kids & Young Adults.

Yoga: Mixed Level Class Suited for Beginners with Ema Stefanova • Sundays, 5:00 p.m. or Mondays, 7:30 p.m. • Postures, breathing, relaxation and meditation is the focus of this class. Students welcome to work toward individual programs to meet their special needs. For cost, call 665-7801; emastefanova@compuserve.com.

Yoga for Busy People with Ema Stefanova • Tuesdays, 7:15 a.m. • A short but all-round course for busy people will be taught consisting of major postures, specific pranayam and relaxation techniques. Aimed at healthy individuals. For cost, call 665-7801; emastefanova@compuserve.com.

Overnight Yoga and Meditation Retreats with Ema Stefanova • Monthly in Ann Arbor at Yoga Monastery • Relax and recharge in the spirit of yoga and meditation. Learn and improve yoga and meditation techniques more in depth. Ask questions. For dates and cost, call 665-7801; emastefanova@compuserve.com.

Learn How to Teach Yoga with Ema Stefanova • Ongoing • Learn the origins and principles of how simple postures, breath awareness, relaxation and meditation work; their benefits and contraindications. Then teach them to your family and friends. You will be expected to commit to a certain number of hours in class practicing and assisting. Serious candidates only. For more information, call 665-7801; emastefanova@compuserve.com.

Teachers, Lecturers,

Betsy Adams has had 25 years experience working with animals, in the home, kennel, veterinarian's office, and in wildlife rehabilitation. She has thirty years of background in the biological sciences, and she's an energy worker and homeopath.

Jane Anderson is co-founder of the Ann Arbor Institute of Massage Therapy, and founder of the Ann Arbor Therapeutic Massage Clinic. Since 1984, she has had training and private practice experience in massage therapy, lymphatic drainage and craniosacral therapy. She has taught beginning anatomy and physiology workshops, as well as Sports Massage and Shiatsu workshops.

Michael Andes, MSW has been a therapist and teacher for over 25 years. He has led many groups, workshops and retreats for self-awareness and self-development.

Ann Arbor Authentic Movement Group is a member facilitated group of dancers who come together to practice Authentic Movement. Authentic Movement "is a profoundly simple process of self-directed movement. By following the body's impulses to move or be still, movement becomes spiritual practice, creative resource and psychological narrative."

Ann Arbor Center for Holistic Health and Traditional Wisdom is a brand-new foundation dedicated to educational excellence through diversity. One of the goals of the Center is to provide comprehensive professional training and qualification for certification to individuals who would like to work in the emerging professions of holistic health care and bodywork.

Ann Arbor Institute of Massage Therapy's instructors are members of the American Massage Therapy Association and are certified by the National Certification Board for Therapeutic Massage and Bodywork. Their range of experience varies from 3 years to 17 years. The AAIMT facility includes classrooms, a student clinic and a retail area.

Practical Psychic Center of Ann Arbor is now led by Ray O. Golden. Golden is a Reiki Master, who has also studied Esoteric & psychic healing, nutrition, Zero Point Process Therapy, intuitive reading & channeling.

Ann Arbor School of Yoga offers classes in Asana and Pranayama for all skill levels. The School was founded by Laurie Blakeney.

Astrology Study Group is an informal and friendly gathering of serious astrology students who use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology). Open to all.

Khita Austin, CMT, a Certified Rolfer, has been in private practice as a Rolfer for ten years and a bodyworker for twelve years. She is a trained practitioner in the exercise rehabilitation techniques of Joseph Pilates. Her work is also influenced by her extensive and ongoing training with an elder in the Hodeñosaunee medicine tradition.

Leland Austin, MA, a Certified Advanced Rolfer, has practiced Rolfing in San Francisco and Ann Arbor for 14 years. He has also studied craniosacral therapy. For the last seven years his work has also been informed and influenced by five years of training in Bodydynamics, a body-oriented psychotherapy originated and taught by Lisbeth Marcher and others in the Bodydynamics Institute of Copenhagen, Denmark.

Susan Austin has been studying astrology for 20 years, and seeing clients since 1984. She has "always loved the mystical, even as a child." She also works at *Ageless Wisdom*, a shop in Plymouth.

Aruna Olga Bachmann is a mantra meditator and long time student at the Lighthouse Center of Chetana and Chitnabhanu. She is also an advanced student of Russian Byzantine Master Iconographer Vladislav Andreyev.

Jane Bagchi, MSW, MBA is the former CEO of the Michigan Heart and Vascular Institute. She has a national consulting practice and works with health care systems. She has worked as a psychotherapist in private practice, a hospital administrator, a national lecturer on health care marketing and a consultant. She has co-developed a mindfulness based integrated wellness program that helps people attain new and greater levels of well being and discover their personal path. She now has a private practice as a life coach.

Judith Banker, MA, LLP is the founding director of the Center for Eating Disorders and the owner/director of The Therapy Center of Ann Arbor. She has over 22 years of clinical and training experience in the field of eating disorders and obesity treatment.

Deanne Bednar is a former educator who is presently coordinator of Oxford, Michigan's Straw Bale Studio and Natural Building Project.

Anne Benedict, BA is Soundings' Supervisor and Career Coach. She draws on 10 years of coaching and teaching in career development, and 25 years of active involvement with women's issues.

Judith Benkert has been a practicing midwife for 18 years. She coordinates a clinic in San Francisco for low income women who recently have come to the U.S. She also serves on the clinical faculty of the midwifery education program at UCSF.

Charleen Berels embodies her beliefs of creating art through movement. She is a writer, visual artist and performance poet. She has studied Authentic Movement, has moved with the Ann Arbor Authentic Movement Group for 3 years, and currently dances in two dyads. A former counselor, she has facilitated workshops for 20 years.

Laurie Blakeney is a Senior Intermediate Level III Iyengar Yoga Instructor, who has been teaching Iyengar Yoga in Ann Arbor since 1977. She studies annually in India.

Jill Blixt is a creativity and life transition coach, motivational speaker and working writer/artist. In addition to individual coaching and personal development workshops, she regularly presents creativity training sessions to the business, non-profit and educational communities. Blixt has studied with leaders in the creative and metaphysical fields including Julia Cameron, Mark Bryan, Natalie Goldberg and Lazarus.

Kathy Blough, MA, LLP has her Masters degree in Clinical and Humanistic Psychology. She works as a therapist in private practice in Ann Arbor, with 10 years experience. She has received extensive training in Transactional Analysis, Gestalt, Family Systems and Redecision Therapy. She works with individuals and leads groups, focusing on those who suffer from anxiety, depression, self-defeating and suicidal behaviors.

Mark Blough, MA, LLP is a therapist in private practice with 9 years experience. He has a Masters degree in Clinical and Humanistic Psychology, and specializes in conducting group therapy. He has had extensive training in Group and Redecision Therapy, which he received from Southeast Institute in Chapel Hill. He works with groups, couples and individuals who suffer from depression, anxiety, panic, trauma and other issues effecting personal growth.

Judith Bonini, ihm, is an experienced spiritual and retreat director. She brings to her work a background of parish work, hospital chaplaincy and overseas ministry. She is a staff member of Visitation.

Jean Booms, ihm, is a visual artist and spiritual director. Her work often "draws from nature". She believes that inner worlds may be echoed in nature but also may be surprised into newness by the Spirit present there.

Patty Brennan is a midwife and health educator with over 16 years of experience working with pregnant women and their families. She is co-director of The Holistic Midwifery Institute and the author of *Guide to Homeopathic Remedies for the Birth Bag and Vaccinations: Concerns and Alternatives Sourcepack*.

Workshop Leaders, and the Centers

Barbara Brodsky is the founding teacher of Deep Spring Center, which offers non-denominational spiritual teachings and practice. She is an ordained Interfaith Minister. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. Her Buddhist training is in the Theravadin and Dzogchen traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron. She is married and the mother of three children. She is interviewed in depth in this issue of *The Crazy Wisdom Calendar*.

Suzanne Willets Brooks blends performance, teaching and healing in her work; her intention is to help individuals find their inner truth through movement. Her background includes training in emotional/physical integrative bodywork, Reiki I and II, as well as a degree in Education from M.U. She is also a lifetime student of Yoga. She wants to help reenchant our creative selves.

Jorna Brown has been presenting seminars and workshops in relaxation, meditation, working with altered states, metaphysics and the spiritual journey since 1972. She is a Melchizedek priest, teaches workshops that emphasize transformation and integration, serves as a spiritual coach and healer, and performs personalized wedding ceremonies.

Glenn Burdick, MA, LLP, CSW, is Director of the Institute for Psychology and Medicine, and Director of the Center for Mindful Living. He has 20 years of experience in teaching meditation, and working with individuals challenged by chronic terminal illness and chronic pain. He is also a former Ann Arbor News Health Columnist.

Cassie Cammann and David Coupland have considerable meditation and teaching experience, and have trained through the Deep Spring Center teacher training program.

Mary Ann Carolin, M.Ed., MA, is a widow, mother and grandmother, and an experienced spiritual and retreat director. She has extensive experience in spiritual development, loss and grief issues and family ministry.

Kapila Castoldi, director of the Sri Chinmoy Centre of Ann Arbor, has practiced meditation under the guidance of Indian spiritual teacher Sri Chinmoy for 13 years. For the past nine years she has lectured on meditation and spiritual practice throughout the Midwest.

Victoria Cendrowski, M.Ed., MS has degrees in Health and Physical Education, and in Exercise Physiology. She was trained by the Professional Associates in Childbirth Education. She has 25 years of teaching experience. She is married and the mother of two children.

Center for Eating Disorders is a non-profit organization which has offered support groups for anorexia nervosa, bulimia, and compulsive eating since 1981. The Center also provides a treatment and referral helpline; body-image, self-esteem and fitness workshops; counseling; and prevention programs.

Edith Chance and Barb Fisher are Herbal Nutritional Consultants and Natural Health Professionals trained through CNHP Seminars, NSP Workshops, and natural health classes taught by local herbalist and iridologist Cindy Klement.

Victor Chao began his study of Bagua and Qigong during his college years in Taiwan, building on childhood martial arts and bodywork training. He has practiced standing meditation since 1985, when he joined his teacher's Bagua family. Currently, he offers classes and private sessions to aspiring martial artists in his home studio.

Gurudev Shree Chitrabhanu is a Jain master from India who has been in America since 1971, sharing his message of Ahimsa (non-violence) and reverence for all life. He is equivalent to the pope for over 30 million Jains around the world.

Sandi Cooper, MSW, CSW is Clinical Coordinator of the Counseling Program at Soundings: A Center for Women, and is also a psychotherapist in private practice in Ann Arbor. She writes that she has "a keen interest in each individual's unique gift to grow and survive".

Therese Craig, OP, Ph.D., is a practicing spiritual director and workshop leader at Weber Center. She has led journal workshops and retreats in both the U.S. and Canada for 17 years.

Dale Crayne, MA has been a teacher and consultant for over 15 years. Her private practice offers spiritual guidance for all levels of personal growth. Issues related to self-esteem, life transitions and life purpose form the focus of her work.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As part of its work, the Center offers the channeled teachings of Aaron, a incarnate entity.

Erica Dutton, RN, MS, CS is a professional nurse and therapist with over 20 years experience as clinician, educator and therapist. She specializes in counseling people with chronic illness and pain such as arthritis, lupus, MS, irritable bowel syndrome, fibromyalgia, or chronic pain. She publishes a newsletter, *Living Successfully, Your Resource on Chronic Illness*. She has also lived with chronic illness for 16 years.

Suzanne Eastman, MS, LLP, CSW conducts therapy and dream groups, does individual therapy and leads workshops. She chiefs quarterly Sweat Lodge ceremonies and develops personal ceremonies for important life passages. She has studied shamanic healing techniques and psychodrama. Her orientation is eclectic, with Buddhist and Jungian influences.

Tom Egan, M.Ed. in Counseling just moved to Ann Arbor, and works as an Engineer. He does Wholistic Health Counseling, has taught in the public schools, is a Reiki practitioner, and has competed nationally as an athlete. He has developed and facilitated Spirit programs for adolescents and athletes.

Jonathan Ellis lived for many years in a spiritual community in Cassadaga, Florida, where he trained as an intuitive counselor and healer. A former co-owner of Crazy Wisdom Bookstore, Jonathan now has a full-time practice in Ann Arbor as a spiritual director, where he meets individually with people once a month to support their independent spiritual path. A raconteur and man about town, he can often be spotted sipping tea at the new Crazy Wisdom Tea Room.

Mateyo Empie, the Medicine Woman has "walked between the worlds for over thirty years," supplementing her experiences with extensive studies in Andean shamanism, aura reading, conscious counseling, ritual forms, divination and several energetic healing modalities. "In this world, the plant and stone people continue to be among my most important advisors."

Essence Point is a non-profit group dedicated to exploring how the New Age might blend autonomy and interdependence. Classes are offered in: psychic skills for healing and relationships; sacred geometry; healing with sound; non-linear creation; shamanism; and energy drawing. A weekly meditation is held to support inner growth, and a monthly presentation presents new ideas and healing.

Mariane Fahlman is an associate professor at Wayne State University. Her knowledge of health education and exercise physiology enriches her efforts to promote healthy nutrition for women and their families.

Kim and Steven Falcone are Reiki Master Teachers, trained under the Usui Traditional System, offering training for all levels of Reiki. They are also Certified Hypnotherapists, and Board Advisors to the International Association of Counselors and Therapists. They are the recipients of the 1995 Hypno-Innovation Award for the healing quality of their audio meditations. Kim, a Certified Myomassologist, incorporates massage, Shiatsu, Reiki and Cranio-Sacral Therapy into her work. Steven incorporates Reiki, Hypnosis, Guided Imagery, Future Imaging and Inner Healing into his work.

Linda Diane Feldt, RPP, NCTMB, NC, is a Holistic Health Practitioner who began her study of bodywork in 1973, and Polarity Therapy in 1979. She completed a two year apprenticeship with Susan Weed in 1989 in herbs and the Wise Woman Tradition. She has studied plants and wildflowers since childhood, and herbology since 1981. She is the founder, Director and Coordinator for the Ann Arbor Center for Holistic Health and Traditional Wisdom, and currently serves as President of The American Polarity Therapy Association, in addition to maintaining her full time private practice of 19 years.

Bon Rose Fine is a member of the American Federation of Astrologers and the Michigan Federation of Astrology. She is the owner of The Cosmic Computer—Astrological Chart Service, and does astrological consultations.

Chetana Florida has been a mantra meditator since 1973 and is the founder and president of the Lighthouse Center for Spiritual Development. She is Gurudev Chitrabhanu's 1st apostle, and teaches the 5,000 year old teachings about the chakras from his book *The Psychology of Enlightenment*. She is a counselor, teacher and lecturer and has taught over 2,000 students over the last 20 years.

Nadine Foley, OP of the Adrian Dominican Sisters, is a frequent speaker and writer on issues related to biblical studies, women, spirituality and religious life. She is currently professor of religious studies at Siena Heights College and historian for the Adrian Dominican Sisters.

Antonio Francesco is a sculptor, dancer and ceremonial artist, trained at the Julliard School in New York and at Seattle's Institute for Transformational Movement.

Sally Gabany is an experienced spiritual director, as well as a wife, mother and grandmother. She believes that there are many pathways to spirituality and is familiar with the process of recovery and twelve-step programs. She is a staff member of Visitation.

Robert Gass is a well-known composer of New Age, inspirational music. His CDs include *Om Namah Shivaya*, *From the Goddess and Ancient Mother*.

Chris Gates has been learning and studying percussion techniques and traditions for 17 years, and has taught rhythm workshops and classes since 1991. He believes that "given structure, information and encouragement, anyone can have a fun, rewarding and meaningful drumming experience."

Norma Gentile is a singer, teacher and intuitive healer. Her concerts and workshops, along with her recordings, *Meditation Chants and Unfurling Love's Creation*, reflect her passion in bringing music from the inaudible realms into the physical world for healing. Gentile teaches workshops across the country in this arena, and has earned critical praise for her recordings of sacred chant.

Nanci Rose Gerler is a psychic, medium, channel and intuitive counselor and healer. She offers private sessions of psychic readings and channeled messages for personal and spiritual growth. Her practice, Crystal Clear Expressions, is located in Ann Arbor. She holds monthly channeling evenings, and gives talks on *Living Intuitively* and *Life Beyond Life*.

Michael Gillespie began studying Chinese martial arts in 1972, specializing in strength and physical conditioning.

Art Giser is a trainer, consultant, and developer in NLP and Imperative Self Analysis (ISA). He has studied extensively with the co-developer of NLP and ISA, Leslie Cameron-Bandler, and was part of her research team. He is also co-author of the book *Groupware: Collaborative Strategies for Corporate LANS and INTRANETS*.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. In addition to his studies with other Reiki Masters, other important teachers include Dennis Adams, Olga Misserva, Dr. Dan Casriel, John Friedlander and Barbara Brennan. He has also studied Esoteric Healing, nutrition, Touch For Health, channeling, Zero Point Process Therapy, and is also a teacher with the Practical Psychic Center of Ann Arbor.

Teachers, Lecturers,

Jocelyn Granger is co-founder of the Ann Arbor Institute of Massage Therapy, and a partner of the Ann Arbor Therapeutic Massage Clinic. Since 1982, she has had extensive experience in her private practice and training in massage therapy, including advanced certification in Sports Massage and Neuromuscular Therapy.

Robin Graubarth has a background in public health, authentic movement, transpersonal psychology, and the healing arts. She is involved in creative and expressive therapies, movement, and women's ritual mysteries.

John Gray is the best-selling author of *Men are from Mars, Women are from Venus*, and other related titles.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual & personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes place through the study and application of the Pathwork lectures.

Alice Greninger is certified by the Alexander Foundation of Philadelphia, and has been teaching Alexander Technique since 1985. Her experiences as a performer and teacher of cello, and training in Tai Chi and Neuro-Linguistic Programming, add to her work as an Alexander teacher.

Gudni Gudnason was born in Iceland. He studied and taught metaphysics for the past 22 years throughout Europe, until relocating to the U.S. three years ago. He is a Kabbalistic High Priest, a Ritual Master in the Order of the Golden Dawn and Guide Member of the Universal Brotherhood/Sisterhood of Light. He lives in Brigham City, Utah.

Laurie Secrist Gudnason has been a full trance channel for the Archangel Metatron for over 9 years. She has a background in NLP, hypnotherapy, homeopathy and Native American Shamanism. She is a Reiki Master and a Guide Member of the Universal Brotherhood/Sisterhood of Light. She currently lives in Brigham City, Utah.

Gypsy and Hekuba are High Priest and Priestess of this coven. They have taught the Craft for almost ten years through lectures, workshops and one-on-one mentoring.

James Hackett is co-founder of the Chicago School of Massage Therapy. He has 20 years experience in massage therapy and is certified in Sports Massage, Structural Bodywork, Neuromuscular Massage Therapy, and Acupuncture. He is approved as a Category A Continuing Education Provider by the National Certification Board for Therapeutic Massage and Bodywork.

Linda Simran Harvey was introduced to the symbol language of astrology in 1974, and after intense study has used astrology to coach individuals and couples through difficult patterns and situations. She has taught astrology through Anchorage Community College while residing in Alaska. She currently gives experiential workshops.

Anne Holley, MA, RPP is in private practice. For 20 years, she has been helping individuals and groups explore the essence of who they are through Bodywork, Process Work and creative expression. She is a maker of a Labyrinth, the founder of *Temenos, a Center of Light*, and a 1st Degree Ritual Master in the Order of the Golden Dawn.

Nina Howard, CMT is a Massage Therapist, Polarity Therapist, artist, Licensed Esthetician and Para Medical Esthetician. She is the owner of the Nina Howard Studio and Day Spa.

Inward Bound consists of **Cathy King, Martha Laatsch, Barbara Linderman, Lynette Smith, & Jonathan Tyman**. Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. Flexibility, strength, balance & concentration are developed. Classes may include music & asana series. **Barbara Linderman** is the program director of Inward Bound.

Edward Jackson has two decades of experience with Shiatsu massage and with yoga. He has also trained in Karate for 27 years, and in Aikido for 8 years.

Jewel Heart is dedicated to the preservation of Tibetan Buddhism and to the practice of its rich tradition within the context of contemporary life. Jewel Heart sponsors public talks and teachings by its spiritual director, Gelek Rinpoche. Meditation instruction, retreat weekends and Lam Rim teachings are also scheduled throughout the year.

Karma Thesum Choling of Ann Arbor is a Tibetan Buddhist Meditation Center that was founded in 1978 by Khenpo Karthar Rinpoche. It is one of 25 centers affiliated with Karma Triyana Dharmachakra monastery in Woodstock, New York, and with the Karma Kagyu order of Tibetan Buddhism.

Julia King began sound and light yoga in the early 1970's. She became a certified teacher with the Ann Arbor Practical Psychic Institute in 1994. Her interests are vibrational medicine, energy healing, nutrition, and the healing practices of indigenous and ancient cultures.

Robert King has been the director of the Chicago School of Massage Therapy since 1978 (which he also co-founded), and where he also practices Myofascial Massage Therapy. He has been teaching Myofascial Massage Therapy in his national workshops since 1988, and he has created videos and manuals in support of his work.

Daphne Kingma is the author of *Heart and Soul, Lifetime of Love and Finding True Love*.

Cindy Klement is a Certified Iridologist, Certified Nutritional Consultant, and Chartered Herbalist. She is a Professional Member of the American Association for Nutritional Consultants, a member of the American Herbalists Guild, and a Health Educator with over 20 years of experience in natural healing.

Annie Kopko has been practicing massage therapy and healing since 1979. Trained in Polarity Therapy, Massage, Reiki, Myofascial Therapy, Neuromuscular Therapy and spiritual studies, each finds its way into her work.

Geneal Kramer has spent many years preparing women and men for ministry. In April of last year she returned from South Africa, where she had designed and implemented a formation program for lay and religious African women and men through the Lumko Institute.

Pat Kramer is a midwife and holistic nurse practitioner with over 20 years of experience. She is co-director of The Holistic Midwifery Institute and specializes in homebirth, infertility and women's health care.

Pat Kuessner has been teaching literature for more than 22 years. She currently teaches writing at a community college, and is the owner of *Thistledown*, a memoir writing business in Ann Arbor.

Satish Kumar, a Jainish monk from 9 to 18 years of age, undertook an 8,000-night pilgrimage from India to America. He is the Editor of *Resurgence* magazine, and the author of *Path Without Destination*.

Donna K. Kustusch is director of a small women's center, Centro Santa Catalina, in Ciudad Juarez, Mexico. She walks in solidarity with women who live in a marginalized colonia, without water, adequate housing and sanitation.

Mary Ann Kuszelewicz, MSW has been a clinical social worker for 10 years, and she currently works in Geriatric Health Services at St. Joseph Mercy Hospital. She has a strong background, and personal interest, in dreams.

Tom Kuzma and Alani Galbraith-Kuzma are husband-and-wife Lomi practitioners in Ann Arbor. They also teach Hawaiian Sacred Temple Bodywork.

Carole Lapidus, MSW is co-founder and co-director of *Raising Strong and Confident Daughters*. She is a community speaker on parenting issues and about girls. She has 13 years experience as a social worker with families and older adults.

Sandra L. LaRoe, MDiv, is a graduate of Harvard Divinity School. She has a background in human services, and she has lead workshops in personal growth, healing and body/mind/spirit connections. She is a counselor/educator in the area of death and dying.

Geri Larkin is President of Strategic Thinking, and an ordained Zen minister. She is the author of several books, including *Woman to Woman: Street Smarts for Women Entrepreneurs*, *Bad Hair Days*, *Stumbling Toward Enlightenment*, *Building a Business the Buddhist Way*, and the forthcoming *Tap Dancing in Zen*.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes, and programs in spiritual development, meditation, Reiki and related topics.



Enlightenment does not consist in imagining figures of light, but in making the darkness conscious.

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Workshop Leaders, and the Centers

Matt Linke is Program Associate and planetarium director at the University of Michigan Exhibit Museum of Natural History. He is also an experienced fossil hunter in the Alpena region.

Laura Massaro, MA is an experienced facilitator for *The Artist's Way*, *The Vein of Gold* and Songwriting workshops. For 20 years her focus has been on transformation and healing through the arts and being creative in everyday life.

Don McAviney, MSW is a Personal Coach, who brings to his work "a keen eye for the possible in life, and a zest for helping my clients find the life they most want".

Sue Webster McDonald, ACSW is a therapist and an artist. She is an experienced *Artist's Way* group facilitator, and follows the practices of the *Artist's Way*.

Sharon McGuire is a family nurse practitioner who recently practiced in an El Paso, Texas border clinic and taught in the family nurse practitioner program at the University of Texas, El Paso.

Lynn Meadows has a M.A. in merchandising, and a B.A. in business. She is currently working as a Feng Shui Consultant and Teacher, and a Retail Manager. In the past she has been a Fashion Buyer and Merchandiser, a Manufacturer's Representative in the fashion industry, a teacher of Interior Design, and a teacher of Clothing Construction & Design.

John and Sylvia Middlebrooks have been students and teachers of the Dances of Universal Peace for 17 years. John is on the faculty of the U-M Kresge Hearing Research Institute.

Richard Miller has over 20 years experience in traditional Chinese martial arts. He trained in Taiwan under Master Gao Dao Shan, and in China; from 1979 to 1991, he trained in San Francisco under Master Adam Hsu. He established the Great Lakes Wushu in 1992.

Thomas Moore is a psychotherapist and former monk. He is nationally known for his best-selling book *Care of the Soul*, but more recently he has authored *Education of the Heart*, *Reenchantment of Everyday Life*, and *Soul Mates*. His newest book is *The Soul of Sex*.

Brenda Morgan, Ph.D. has a 25 year background as a metaphysical healer and teacher, professor, spiritual catalyst and mentor. She resides in Ann Arbor while authoring two books on human and spiritual evolution.

John Morris, MDiv, Ph.D. is a Wiccan Priest, counselor and philosopher, who has been leading shamanic journeys for more than 10 years. He is the Editor of *The Seeker*, a monthly journal of the Magical Education Council.

Rebecca Mullen, MSW has over 20 years of experience at the University of Michigan doing psychological counseling of students. Her background includes Gestalt work, breathwork with Stan Grof, and Jungian dream work.

Sukha Murray was trained to teach yoga by the Sivananda Yoga Organization and has been teaching for 20 years. She has been a Dharma Teacher, and the Resident Priest of the Zen Buddhist Temple in Ann Arbor for 10 years. She has taught introductory meditation and led retreats locally and in Toronto & Chicago.

John Orr is a former Theravadin Buddhist monk who spent 8 years in monastic training in Thailand and India. He has been teaching meditation since 1979. He lives in Durham, N.C., where he does transpersonal counseling and teaches at Duke University.

Jan Pemberton is a Registered Polarity Practitioner and Cranial/Sacral Therapist in Ann Arbor. She has worked extensively with the Sills/Sutherland Cranial Concept. She has trained with Franklin Sills and completed the three-year Cranial Course.

Phyllis Perry, MSW, CSW founded New Options Counseling in 1989. She is a clinical social worker and a writer. She has led journal writing workshops for the past 4 years. She specializes in women's issues and holistic counseling.

Carol A. Plummer, MSW is a local therapist who has worked with child abuse and sexual assault issues for over twenty years.

Catherine Powers, MSW is a writer, trainer, teacher and former co-director of the Institute for Psychology and Medicine Eating Disorder Program. She is the founder of the Center for Mind/Body Connection and presents a variety of workshops and groups including generating prosperity, accessing the self through creative writing, and promoting fertility through natural healing techniques.

Mary Priniski is director of the Commission on Justice of the Glenmary Home Missionaries. She has a deep commitment to social justice and the experience and vision of women. She brings both musical ability and theological background to her workshops.

Vickie Lea Quibell has been teaching and practicing Reiki for five years.

Barbara Reid, MSW is a social worker in private practice in Ann Arbor. She has personal experience with the benefits of herbal health.

Sue Remington is an artist, public school teacher and channeler. She also teaches Tai Chi.

Annette Reynolds is the founder of the Labyrinth Project of Alabama, and is a trained Veriditas facilitator. Her work weaves together the physical, emotional and spiritual. She endeavors to embody the labyrinth and live its patterns in her soul.

Maria Riley has worked for more than 20 years in the context of the global women's movement, particularly in the areas of economic justice and human rights. At the Center of Concern in Washington, D.C., Maria is developing a global strategic planning seminar to address the impact of the new trade and financial liberalization agenda on the well-being of women, their families and their

Kyabje Gelek Rinpoche is an incarnate Tibetan lama of Drepung Monastic University. He trained with some of Tibet's greatest masters, including Kyabje Ling Rinpoche and Kyabje Trizang Rinpoche. He is the founder of the Jewel Heart Tibetan Buddhist community, which has centers in the US, Europe and the Far East, and he has graced the Ann Arbor area with his presence now for a number of years.

Sheila Layla Ritter, MA, LLP is the founder of ChangeWorks Consulting and Therapy Center in Ann Arbor. She works with individuals, couples and families on spiritual and therapeutic issues, and consults with local businesses on personnel issues.

Michele Rivette, MSW is a psychotherapist in private practice in Ann Arbor. She is affiliated with the Coping Studies Research Program in the U-M Departments of Psychiatry and Psychology. She has 9 years of experience in working with crisis intervention, trauma, sexual abuse, eating disorders and adjustment to major life changes and loss.

Lois Robbins, MA has been giving workshops on creative and transpersonal development for 15 years. She is the author of *Waking Up in the Age of Creativity*, and is the founder of the Kairos Institute.

Katherine Rogers, MFA is a Certified Feldenkrais Practitioner® with 15 years of experience teaching art at the college level. She first became involved with the Feldenkrais Method as a way of managing chronic pain. She decided to become a practitioner after discovering not only the Method's effectiveness, but also its corollaries to both the educational and creative process.

ShuNahSii Rose has been studying the stories, songs, dances, healing practices and ceremonies of earth-based peoples since 1979. "As a myth-maker, educator and community organizer, my work emphasizes the empowerment of womyn and girls." Her recent work with the "Diana Project" — *Girls Coming of Age* opens the door for the voices of young women to reach their communities through simple political theatre.

David Rosenberg has been teaching Yoga in the Iyengar tradition since 1993, and is certified. A while back, he traveled to India and studied Yoga from Geeta and Prashant Iyengar. He also works as a massage therapist.

Anita Rubin-Meiller, MSW has 20 years experience as a therapist. Her areas of expertise include issues of aging, chemical dependency and women. She has been a facilitator of a woman's group at the Adult Recovery Center for 10 years.

Linda Sayer, D.C. is a Chiropractic Physician and Applied Kinesiologist, and is part of a group practice called *Complete Chiropractic and Massage Therapy*. She has been practicing structural, nutritional and emotional support of the person for 15 years.

Kathleen Schanz, OP is a member of the Adrian Dominican Sisters. She is presently the Director of Weber Center. For many years, she has worked with a variety of groups in creating and facilitating rituals.



Essence Point

Exploring how the New Age blends autonomy and interdependence

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Bill Schneider is the founder and owner of *Wildtype Native Plant Nursery* in Mason, Michigan.

Eva Schoell, ihm, is an experienced retreat director who "has a deep love of the riches of creation". She encourages the growth of individuals through artistic expression.

O. Andrew Schreiber, a percussionist for 25 years, has been absorbing "World Rhythms" since childhood. He is most interested in the connection between drumming and the spirit, as well as the community building aspects of drumming. Most recently, he has been performing with the "Sacred Song" singers, and with Suzanne Willets-Brooks.

Max Schubach was a Process Worker of the first hour, being part of the initial team with Arnold Mindell that developed and established Process Work worldwide. He is a senior faculty member of the Process Work Centers of Zurich, Switzerland and Portland, Oregon.

Sandra Shears is a Spiritual Channel, Healer and Counselor, and has been in practice since 1989. "I am a Light Worker, a conscious channel guided by the Higher Communities of Light, offering an accelerated process for becoming Soul."

Matruka Sherman, MSW has been a professional astrologer since 1973 and is a member of the NCGR & AFAN. She has been in private practice for over 20 years & teaches both group & individual instruction. She is also a psychotherapist and teaches meditation.

Shining Lakes Grove is the local branch of Ár nDraiocht Féin (ADF). ADF is seeking "to create a neo-pagan tradition in the style of our ancestors which appeals to our modern sensibilities".

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year, and as an Infant Massage Instructor. The focus of her work is in the special needs of women during pregnancy, birth and postpartum.

Simran has been an astrologer for 25 years. She specializes in in-depth, holistic individual and couple readings, which explain complex dynamics and access internal and external resources for healing and integration. Working with all members of the adoption triad is an area of special expertise.

Tara Singh is one of the most highly regarded teachers of *A Course in Miracles*. He derives his deep appreciation for the *Course* from his close relationship with its Scribe, Dr. Helen Schucman, and from his own direct experience. He is the author of nine books, including *Awakening a Child from Within*, *How to Learn from 'A Course in Miracles'*, and *Love Holds No Grievances*.

Richard Smoot is a member of ISAR, AFAN, NCGR and a Professional Member of the American Federation of Astrologers, with 25 years of study, counseling and teaching experience. He is also a registered social worker with 15 years experience in crisis intervention.

Tom Smoza is a Certified Massage Therapist.

Biza Sompá teaches African Dance locally at Washtenaw Community College, EMU and the University of Michigan.

Soundings: A Center for Women has expertise in offering support groups and workshops for women. Its facilitators have masters degrees in the areas of social work and counseling.

Eleanor Stech is assistant director of a small women's center, Centro Santa Catalina, in Ciudad Juarez, Mexico.

Ema Stefanova has taught yoga and meditation in Europe and the United States since 1979, to groups and individuals of all ages. She works to "provide yoga and meditation education in its purity and wholeness following tradition".

Margaret Szedenits is a graduate of the Ann Arbor Institute of Massage Therapy, and an instructor there. She is a Nationally Certified Massage Therapist. She is involved in Government Relations as a Second Vice President for the American Massage Therapy Association. She is also certified with the National Certification Board of Therapeutic Massage and Bodywork.

Mary Ann Szydlowski, osf, LMT, RPP is a licensed massage therapist and Registered Polarity Practitioner. After her nursing career, Mary Ann has pursued the healing arts as a way of being with people on their life journey.

Antoinette Thoin, MA shares who she is through intuitive storytelling, individual intuitive story consultations, and workshops. "My intuitive gifts arose through connection to my spiritual teacher and process in combination with skills gained through teaching and counseling, a master's degree, and expressing a pixie like energy."

Robert Thurman is an internationally recognized Buddhist scholar and thinker. He is the author of *Circling the Sacred Mountain, Essential Tibetan Buddhism, The Politics of Enlightenment, and Inner Revolution*. (He is also the father of Uma Thurman.)

Mary Tillinghast has been manager of Castle Remedies for 15 years. Castle Remedies, located at the Parkway Center, is an important, local source for homeopathic medicines. She has worked as a medical assistant with Dr. Ed Linkner, and under his guidance has had hands-on training in the use of homeopathic medications.

Upland Hills Ecological Awareness Center is located in Oxford, Michigan.

Visitation, located in Monroe, Michigan, is sponsored by the Sisters, Servants of the Immaculate Heart of Mary. It offers an "environment for pondering, embracing and responding to the challenging and healing presence of God." Opportunities for individuals and groups include space for quiet, prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors and communal prayer. It offers a spacious natural setting that encompasses a barn-chapel and library, retreat house and hermitages. People of all beliefs are welcome.

Helen Volk is the founder of Beyond Clutter, a coaching and training firm in Albany, New York. She presents to corporations, community and professional groups and conferences.

Cam Vozar, MSW is a psychotherapist in private practice. He has worked with men and their families for over 20 years. He has led and participated in numerous Men's Groups, and is a Level II EMDR therapist.

Nancy Warren, MA, LLP, CMT is a psychotherapist, bodywork practitioner, and eternal seeker. She studied the Personality Enneagram under the guidance of Dr. Claudio Naranjo, in Berkeley, California, and has used it extensively in her work on her self and with others for over 20 years.

Wendy Warrick is a certified Feng Shui Practitioner. Her interpretation of Feng Shui has evolved out of 15 years of experience working with homes, her Interior Design background, and intuitive abilities developed through spiritual practice. She has consulted on homes, offices, and places of spiritual practice.

Jeanie Wayker has been involved with the Gurdjieff-Ouspensky *Fourth Way School* for many years.

Weber Center is a retreat and conference center on the Dominican campus in Adrian, Michigan.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist. She has 18 years of experience in the healing arts including 11 years of teaching at massage schools in Washington, D.C. and Ann Arbor. Reiki has been the focus of her work for the past five years. Her training includes study with two Masters initiated by Hawayo Takata. She teaches traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Ann Williams, BFA has been studying and working in visual arts since she was a small child. She believes in art as expression, and creativity as nourishment for the soul.

Sally Wisotzey, MSW, co-founder and co-director of *Raising Strong and Confident Daughters*, is a psychotherapist specializing in issues of adolescence, as well as issues of grief and loss. She has 22 years experience working with families, teens and parents, and schools.

Lisa Wolf, MA, LLP is a clinical psychologist in private practice in Ann Arbor. Her approach to working with clients combines traditional therapeutic paradigms, creative intervention strategies, and spiritual dimensions of healing. In addition to her work as a therapist, Lisa is involved with the Pathwork, a contemporary spiritual discipline. She is a Pathwork lecture study teacher, Helpship training student, and leader in the Great Lakes Pathwork community. She is also a musician and a mother.

Sifu Linda Wolslau is a Tai Chi Master, certified by the Gentle Tiger Academy. She studied Temple Style Tai Chi 25 years ago and was the first woman in this country to be certified in this authentic style.

Shinzen Young is an American born Vipassana meditation teacher. He was ordained as a Buddhist monk at Mt. Koya, Japan, and trained for several years in Asian monasteries. He has an exceptional ability to present traditional Buddhist teachings in a manner which relates to the modern western mind.

Wasantha Young is a master of T'ai Chi Ch'uan, and the head instructor and director of the Peaceful Dragon School of T'ai Chi Ch'uan in Ann Arbor. She has studied Yang style short form T'ai Chi Ch'uan since 1970, and was certified as an instructor by Grandmaster William C.C. Chen in 1974. She has received formal instruction in Form, Push Hands, Sword, Staff, Saber, Application, Chi Kung, and Meditation. She is also a certified Acupressure Technician.

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by **Reverend Sukha Murray**, Resident Priest, who has been teaching yoga for 20 years and meditation for 10 years, and **Geri Larkin** and **Nathaniel Needle**, ordained Dharma teachers.

Gloria Zimet received her reflexology certification in Israel nine years ago. Her subsequent Reiki II certification and practice has enhanced her reflexology technique as well as her understanding of the healing process. She recently began teaching reflexology workshops at her office in the Natural Healing Center in Ann Arbor.



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The Crazy Wisdom Interview ~ Dharma Teacher Barbara Brodsky on Meditation and Everyday Spirituality

Interview by Jonathan Ellis

Photography by Linda Lawson

The threads of this interview began to weave together almost thirty years ago. That first summer I lived in Ann Arbor was very hot, and one day I went to swim twenty miles west of town at Friends Lake. A few months after, I met Bill Zirinsky (now co-owner of Crazy Wisdom, with his wife, Ruth Schekter) when he interviewed me for an alternative newspaper he had started in a campus dormitory where we lived here.

Decades later on a recent visit to Friends Lake, I met Barbara Brodsky when she paddled up and invited me into her canoe. Out on the water, we talked about her work as a dharma teacher and mine, as a spiritual director. Then when Bill Zirinsky asked me if I would like to interview someone for the Crazy Wisdom Calendar, I suggested Barbara Brodsky.

Barbara is the founding and guiding teacher of Deep Spring Center for Meditation and Spiritual Inquiry in Ann Arbor. She lost all of her hearing twenty-six years ago. Barbara speaks clearly to you, and reads your lips to understand what you are saying. She is also a channel for Aaron, a spirit who in many previous lifetimes was a Buddhist monk and scholar.

Barbara and I met for this interview one long afternoon at her home in Ann Arbor, which she shares with her husband and grown children, and is also the headquarters of Deep Spring Center.

If you were sitting with Barbara and me when we spoke here, you might well have enjoyed the afternoon as much as we did.



Barbara Brodsky: I like to be outdoors. We have a hot tub on the porch, and I spend hours sitting in it, watching the leaves fall, watching snow fall, watching clouds drift by. It's a real treat to be able to sit outside in the winter weather. Usually when it's cold, you've got to keep moving to stay outside. It's good to be able to sit out on the deck, sit in the hot tub and just be outdoors.

I love to be active. I love to ski, to swim, to canoe, to hike. Being out in the woods gives me a lot of pleasure.

And I love to be with my family, with my husband, Hal, with whom I've shared my life for over thirty years, and three adult sons. The boys were all here for two weeks at Christmas. It's wonderful to be together.

Jonathan Ellis: That leads me to a philosophical question. It is said that the way to end suffering is to give up desire. Does that mean we do not pay attention to things we like or don't like?

Barbara Brodsky: Not at all. Finding something pleasant, enjoying it, doesn't necessarily lead to desire. And if it does, desire is just desire. How do you give it up? Desire in itself does not produce suffering. This is a misinterpretation of the Buddhist teachings.

There are three characteristics given of conditioned experience, that is, of the relative experience that we live: that things are impermanent, that they are empty of self (and by that we mean they have no inherent, independent existence), and that they are dukha.

The word dukha is usually translated to mean "suffering." In the word dukha, kha means the hub of a wheel, and du means off-center. So dukha means the wheel is off-center, so that the cart lurches. There's no suffering inherent in a lurching cart unless you want it to be otherwise. A lurching cart is just a lurching cart.

It's an unsatisfying experience if you want a smooth ride. Life isn't a smooth ride! So the suffering arises not from the lurching cart but from the craving, wanting things to be different than they are, and the identification with that craving as self.

Craving is just craving, very uncomfortable but impermanent. It has the nature to arise; it has the nature to cease. Just a cloud drifting through. Desire is just desire. It's an energy that moves through us. There's no suffering inherent in the experience of desire, as long as we don't think we have to have what we desire.

But we're deluded; we see it as subject sees object and we grab hold with a bulldog grip. There's grasping, tension. It's an uncomfortable energy and we've learned that if we get the object of

desire, momentarily that energy ceases.

So we keep grasping at the object, getting it and experiencing an "ahhh" of release from tension, and then it begins again with another object. Mind spins into the thought, "I need this, I need that, I need this," and becomes obsessive. Then there's suffering.

But if we see how this happens, we begin to watch desire rise without getting caught in the stories of desire. We see into desire as a thought that has the nature to arise and cease, arise and cease, arise and cease. Not "me" or "mine." It's just the flow of conditioned experience, seeing the object, then the thought, "I want that," then contraction of body energy. We can develop a lot of wisdom here, a lot of spaciousness.

There's another piece. How will we learn if we don't experience? The arising of desire isn't bad but it's uncomfortable; it gives us a place to practice! We're not incarnate to get rid of desire, or of anything, but to use experience to lead us to realize how things really are. Then there's freedom. Then desire will fall away on its own.

Jonathan Ellis: If we enjoy the things that we like, does this mean we will necessarily resist the

Jonathan Ellis: Barbara, I want to begin by asking you, what do you like most about your life these days?

Barbara Brodsky: Everything. I find an ease very different from the way I used to experience life—liking this and disliking that, mind constantly tearing around trying to change and control everything. I think that the pain in my life has so deeply taught me not to run from the difficult things, but to find them also precious, although sometimes very uncomfortable. And the result is that while I can't say I enjoy difficult situations, I no longer dread difficult situations. I just relax and move through it.

So what I enjoy most about my life right now really is that I'm at peace with everything about my life right now. I'm happy that I'm not afraid of things. It's very peaceful and relaxing not to constantly be on guard.

Jonathan Ellis: Do you have favorite things these days?

Interview with Barbara Brodsky (continued)

things we do not like? You said earlier that you liked everything. If a person really likes some things, does that mean that they will necessarily dislike other things, and therefore resist what they do not like?

Barbara Brodsky: We may well experience some things as unpleasant. We don't have to experience aversion for the unpleasant any more than we have to experience grasping for the pleasant. Can something be pleasant or unpleasant and just be that?

Suffering is inherent in this grasping what we want, pushing away what we don't want. But as soon as awareness sees itself doing that, when we come back to center, we're not suffering anymore, we're just watching ourselves preferring this and not liking that. That's just what mind does. We start to get more friendly with mind and just say, "Here's mind grabbing at things."

If I take a small child to the store and he says, "Mommy, I want that!" that doesn't mean I have to buy it for him. Mind is going to keep jumping at things it wants and say, "I want that." But I can develop a spaciousness which can practice restraint and say no. It's not a disassociation from the experience of desire. It's very different.

It's going deeper into the experience of desire and knowing desire so well that you see how simply it comes up. If anything, you will experience desire more deeply. But there's less discomfort in experiencing desire because you

Unconditioned. I find that they are the same thing. Here's the overlap, that I experience "That" as the core of both religions.

Both religions also ask us to be kinder in our lives, to treat all things with reverence, and both emphasize non-harm. These ways of being in the world are a natural result of seeing the divine center of everything.

JE: Is there anything in your Quaker beliefs that you have left behind as you became more and more a Dharma teacher?

Barbara Brodsky: I would say I have left all beliefs behind. Through Buddhist meditation I've been able to come into the direct experience of that which I couldn't experience through Quaker meditation.

JE: How have your relationships with other Quakers in Ann Arbor changed since you became a dharma teacher?

Barbara Brodsky: Actually, there's been a lot of interest among Quakers. This weekend I led two days of meditation out at the Michigan Friends Center at Friends Lake. And this is the fourth or fifth time I've done this. I think two-thirds of the people there came from different Quaker meetings in southeast Michigan, Grand Rapids, Detroit, Battle Creek.

JE: What for you is the essence of being a Quaker?

Barbara Brodsky: It's very simple, Jonathan: I have a deep love for Jesus. I think each of us has a kind of spiritual family with which we resonate. I'm not a Christian in a traditional sense of that word, in terms of thinking of Jesus as a personal savior. But my energy deeply



When I asked questions about God and spirituality, they weren't answered.

So, by mid-childhood I was looking elsewhere. I was a very spiritual person. I used to go off by myself to a pond across the street from my house. There was an island in the pond, and I built myself a raft. I was only seven or eight years old. The water was shallow. I would pole my raft over to the island, and I would sit and meditate.

I didn't call it meditation; I didn't know that word. But I had some very profound meditation experiences. I had experiences of astral projection, and experienced the various levels of absorbed states of concentration. It was very blissful. And I was very deeply connected to spirit, experienced guidance from spirit. The Judaism in which I was raised had nothing to say to these spiritual experiences. After asking several times, I gave up and kept them to myself.

As I got older I went looking for spiritual experience in community. A friend was a Quaker and her family invited me to Quaker Meeting. I was sleeping at her house and that Sunday morning we went to Meeting. It was like home. And I was maybe fifteen or sixteen. So I just started attending. I loved the fact that people gathered together and were just silent. I loved the simplicity of it, and the sense of reverence for that of God within and without. It deeply resonated with my beliefs on non-violence also.

JE: The core of the Quaker Meeting, as I understand it, is silent worship. You have talked about the experience of silence since you have been deaf. What is silence? What is the power of silence?

Barbara Brodsky: Let me begin with what it's not. The eyes see. If you put something in front of me and my eyes are open, I'm going to see it. If certain stimuli are present, thoughts are going to erupt.

Silence doesn't mean stopping the sensations of the body or the movement of the mind so much as finding a place at our center that can watch over these movements of mind and body without identification. It's only there that we begin to leave the ego self behind.

Silence is not equated with stillness.

Finding something pleasant, enjoying it, doesn't necessarily lead to desire. And if it does, desire is just desire. How do you give it up? Desire in itself does not produce suffering. This is a misinterpretation of the Buddhist teachings.

don't buy into the stories of the wanting mind.

Desire to be free of something is just another form of his desire. We don't like it; we want it to be gone. Just desire. Right there is wisdom about how things are. And in that wisdom is real freedom!

JE: Barbara, you are both a Quaker and a Dharma teacher. How do these two overlap?

Barbara Brodsky: Buddhism is a non-theistic religion. So on a conceptual level, Buddhism says there's no God, and Quakers say there is God. But this conflict is just on a conceptual level. When we get beyond the concept, to experience, my experience is that they're saying the same thing.

There's a beautiful Buddhist sutra in which the Buddha says, addressing a group of monks: "There is an Unborn, Undying, Unchanging, Uncreated. If it were not so, there would no reason for our work." And this Unborn, Undying to me is the best definition of God I can come up with.

I'm not referring to the "puppet master" version of deity here, which controls everything, but simply, that which IS. The word "God" is one label. It doesn't matter what you call this. So on an experiential level, if I experience what Christians may call "God" or in Buddhist meditation practice, I come into a direct experience of the

resonates with what I think of as the Christ energy, so it's very meaningful for me to make the internal statement that I am affiliated with this whole body of energy that we call Christian.

But I don't find in Christianity the tools I need to do the work I want to do. Buddhism offers me many more specific tools. The Buddha offers me a model, a teacher. There's a beautiful quote from the Buddha, "If it were not possible, I would not ask you to do it." I love that; it inspires me. We can wake up!

JE: Are there tools in the Quaker tradition you also use?

Barbara Brodsky: I'm sure that the tools do exist in the Quaker tradition. By birth, I'm Jewish, and I know now that the tools also exist in the Jewish tradition. But I never was introduced to them. I've read Christian teachers like Thomas Merton. Certainly he has found the tools, but I don't think it's generally as accessible in any Christian tradition.

JE: How did you move from the Jewish tradition to being a Quaker?

Barbara Brodsky: Unfortunately, my experience of Judaism was that which many people in my generation had. We were sent to Sunday School. We studied Jewish history. I learned how to read Hebrew without ever learning to translate it. The whole thing was meaningless.

Silence is a mixture of stillness and movement, in which we come to such a deep place of center that we watch this whole movement of arising and cessation and arising and cessation, of thoughts, of words, of body sensations without getting caught up in any of it.

We differentiate between the content of mind and the nature of mind which is still, centered, clear and radiant. Just Pure Awareness, aware of the stream of consciousness and sensation. Resting there, that's silence. It's only there that we can know who we really are - when we're not busy being the brain and the body and the ego.



JE: The Quakers speak of finding the still, small voice within. Is it silence that leads us to the still voice within?

Barbara Brodsky: This is just it. Listening to that still voice. But you can't hear that still voice until you come to a place of inner silence, ready to listen. Silence has its own sound but you've got to listen very carefully to hear it. So the core of Quaker meditation, and any form of meditation, is listening. I want to differentiate here between doing meditation and being meditation. The doing of this practice leads us to the being, the silence.

JE: What is the relationship of your inner silence to the outer silence of deafness?

Barbara Brodsky: There are a few aspects to this. I've been meditating regularly with a formal meditation practice for over forty years. When I met Aaron and began to work more in depth with my own spiritual issues and trying to do more intense meditation, I really needed a time of solitude, but I lived in a busy home with husband, three children, two dogs and a cat!

The silence of my ears simply gave me the ability to go off to a metaphorical cave, right here in my household. Not many people can meditate with a kid playing a 100-decibel electric guitar or a whole band playing in the next room.

JE: But you can. (Both laugh.)

Barbara Brodsky: With a whole band playing in the next room, I could meditate. Sometimes I go to Michigan football games with my husband, to keep him company, and I can just sit there in the bleachers and meditate. Quiet, with 100,000 fans screaming "Go Blue!" So it's just a gift in that way, in that I'm not pulled away by the noises of the world.

Also, being deaf, in order to communicate, to lip-read, I have had to nurture the ability which I would call broad focused awareness. I can't just look at your lips; I have to look at the whole face, the whole body. I can't focus just on the words, but take the whole sentence and try to get it.

So learning to communicate as a deaf person enormously deepened my power of

concentration and focused my ability to just stay present, not to grasp at the words. As soon as I get tense and say, "I'm not getting it," I'm lost. I've learned to just relax, let the words come, take what I can. So being deaf and learning to communicate in itself has been a wonderful meditation practice.

And because of the first pain of being deaf, that outer silence became the catalyst that opened the door to the inner silence. Like the zen koan, silence was my riddle; I had to understand it by going all the way in.

JE: I once had a student who had a bad stutter. He would come to my desk after class and want

to speak to me. Before he could speak, he would look at me sometimes for a whole minute before the words came. In that minute

we would look into each other's eyes and communicate even before the speech. When I talk with you, I look at you much more closely because you are looking at me so closely.

Barbara Brodsky: In this way, I think that my deafness has been a gift to many people. We need to experience communication in different ways, not just verbally. And it makes people slow down and think about what they're going to say. People are much more focused when they're talking to me, which is a useful characteristic for a meditation teacher to have.

But you asked about the inner and outer silence of deafness. Another side of that coin has been that because there is mandatory silence, I'm perhaps more aware of the content of my mind than many people.

Other people have a lot more diversion - even people who are sitting and meditating. They can be aware of the little noises around them and

jabbering away. Here's where we transcend mind.

JE: You began a career as a sculptor. What kind of training did you have?

Barbara Brodsky: I graduated from Connecticut College with a BA in art. Then I studied in New York City with several different well-known sculptors. I took various classes, learned technical material. I never got an MFA in sculpture. I spent my time studying with people whose sculpture moved me and who had the technical skills I needed.

JE: How did you come to teach sculpture at the University of Michigan?

Barbara Brodsky: We lived near campus, and the Residential College at the University of Michigan was just getting started. The dean lived across the street. We got to know one another as neighbors, and he really liked my sculpture.

JE: Was this Jim Robertson?

Barbara Brodsky: Yes.

JE: I knew him well in those years.

Barbara Brodsky: He wanted to start an art department, and he asked me to come and teach sculpture. So I did that for a number of years.

JE: Do you have any work on view in Ann Arbor?

Barbara Brodsky: One piece is hanging on the outside front wall of the Hillel building on Hill St., a ten foot tall relief sculpture.

JE: Are you sculpting now?

Barbara Brodsky: No.

JE: Do you miss it?

Barbara Brodsky: I miss it.

JE: Any plan to do sculpture soon?

Barbara Brodsky: I keep a ball of clay near my desk and play with it sometimes! I'd like to get to the point where I can do sculpture in the summer. The year is too filled with teaching and other things. And I do enjoy what I'm doing. It's just a different form of creativity.

JE: At the Residential College, you taught students to sculpt. Now you teach students to meditate. Is the teaching method the same?

Barbara Brodsky: Exactly the same.

JE: Can you tell us how?

Barbara Brodsky: Let me put a footnote in here: I first started teaching in New York City and taught in my studio, so I wasn't new to teaching when I started teaching at the University of Michigan.

JE: Where in New York City was your studio?

Barbara Brodsky: I lived on the lower east side in New York and had a studio half a block off the Bowery, with its flophouses. It was an amazing neighborhood, very poor materially but rich with life. I was on the ground floor of a large tene-

Suffering is inherent in this grasping what we want, pushing away what we don't want. But as soon as awareness sees itself doing that, when we come back to center, we're not suffering anymore, we're just watching ourselves preferring this and not liking that. That's just what mind does. We start to get more friendly with mind and just say, "Here's mind grabbing at things."

can escape into them. The voices of my mind are always there. No external distractions like the sound of birds.

That, in its own way, has been a powerful gift in terms of deepening meditation, because I've had to accommodate that mind and make friends with it - learn how not get to swept up into an identification with the content of mind, but just watch the process of mind. Watching the process of mind, I can be in a place of real silence while mind is busy offering opinions and

ment building. Kids from the block used to come in to my studio and make things with clay. Sometimes I'd want some odds and ends of materials, like old cans to integrate into my sculpture, just to get some metal that I needed, so I would dig through the trashcans.

Once I was digging through the trash cans on the street when a man walked up to me, unshaven, wine bottle in hand, clothes in tatters, reached in his pocket, and handed me a fistful of coins, all he had. He said to me, "It's okay for me to be digging in trash cans, but not a woman."

JE: That's a good story. You were saying about teaching method.

Barbara Brodsky: Teaching sculpture the first year or two, I noticed that most of my students started making sculpture that looked like my sculpture, and I said, "No. This isn't what it's about. They need to be making their own sculpture. If I'm teaching them to make my sculpture, I'm not doing this right."

So I had to learn how to listen to them and find out what it was that they needed to make. I had to learn how to help them create their own vision. And that's basically what I'm doing now: helping people to find their own inner peace, their own route to clarity - not MY route to clarity, THEIR route.

JE: How do you understand the spiritual purpose of art, of the sculpture you did?

Barbara Brodsky: I think that the spiritual purpose of art is to express truth at the deepest level we can. As long as I'm somebody, an ego, creating my art, I'm pushing; I'm not letting the art express itself. The art that's truest is that which moves through me, but it's not me, it's not my own ego. It's a much deeper universal truth. Our living of our lives becomes a form of art.

JE: I want to switch topics here a bit. You travel quite a lot. Are you a happy traveler?

Barbara Brodsky: I am a happy traveler because I enjoy seeing new things. But I've also come to realize that I never go anywhere. I used to want to travel, looking for something. I'm not looking for something in travel any more. It's just fun to meet new people, see new things, but there's nothing new anywhere. It's just: I'm here, I'm there, I'm here, I'm there.

JE: Do you have favorite places to travel to?

Silence doesn't mean stopping the sensations of the body or the movement of the mind so much as finding a place at our center that can watch over these movements of mind and body without identification. It's only there that we begin to leave the ego self behind.

Barbara Brodsky: My favorite place in the world is Nantucket, which is an island off the coast of Massachusetts. I've spent many summer vacations there in the past thirty years.

JE: I love those Cape Cod islands, too.

Barbara Brodsky: I could spend my life on a desolate beach watching the waves break. We stay at a cottage out in the dunes, and it's very peaceful and beautiful.

JE: How are you different from your parents?

Barbara Brodsky: I've seen my father and I in past lives, working at various issues together. Often I've taken one stance; he's taken the other. But I see how we keep at it, out of mutual love for each other. We keep feeding in to each other, pushing each other to be more compassionate and less judgmental. My father was a poet and, I think, a very spiritual person in his own way.

I think I'm a lot like my mother, different in some ways, but she's an adventurous person. She also worked for human rights. And she's an artist. For her generation, she's very open to the world. I think for both my parents I'm more like them than different.

JE: Do they understand what you are doing now?

Barbara Brodsky: Yes. My father died two years ago. My mother lives in Florida. On the



far wall of my living room is a beautiful painting of a Buddha statue surrounded by flowers; my mother painted that for me just after I began doing this work. I was deeply moved by that because it was a statement to me: "I see what you are doing. It may not be what I would choose to have you do, but I accept it and I honor it." So I was very moved by the painting.

JE: You have been actively involved with social causes. What have you learned most from your work with nonviolent action for social change?

Barbara Brodsky: [Pause] So much richness.

It's hard to give you a concise answer. Self-respect. I found that to respect others, I had to respect myself. I was coming to others asking them to consider what I saw as truth. I had to do this from a place that respected the divine in both of us. Otherwise it felt like manipulation, and it was also ineffective. People recoil from manipulation. So I had to speak to that which was authentic in others, and could only do that from a place of truth in myself. As I found that which was authentic in others I found it in myself.

JE: Can you say a bit about the kinds of non-violent actions, what kinds of issues?

Barbara Brodsky: Back in the 60s, I helped form a group called Northern Student Movement which worked with SNCC (Southern Nonviolent Coordinating Committee). I spent some time in the South with sit-ins, freedom rides, those kinds of activities.

Some of it was very beautiful, very much from a pure place for people. I remember sitting in the basement of a little Baptist church late one night, all sorts of people there together, eating and singing through much of the night before a day of action.

When I look back, I see how much I learned in those years. I was very young and very naive. There was a freedom ride in which a car forced our bus off the road and it halfway turned over. People got out of a couple of cars and climbed up on the bus. We of course had fallen down to the bottom side of the bus. They broke open the windows on the top, and they had bricks and various things that they were throwing in.

Some people were getting hurt. Then the National Guard came along and started shooting at them and they fled. I wasn't hurt, but people were bleeding all around me. I sat there asking myself, "How am I responsible?" I didn't know much about karma then. It just struck me - I'm here for what seemed to be honest reasons. We need to make a statement against prejudice, and so forth. And yet somehow, I am involved in the situation, and I am responsible.

It wasn't until many years later that I started to understand where responsibility lies in

these things. The part of me that deeply wanted to convey our belief in the equality of people and the need to treat people with kindness, that was not creating this hate. But the part of me that was judgmental and couldn't recognize that judgment, the part of me that was angry, that was afraid, that was mirroring the negativity of others - that part shared responsibility for creating the situation.

So on the surface the issues were prejudice and human rights, but a deeper issue was responsibility, starting to see how we each contain both positivity and negativity and need to be responsible for the outflows of these in our lives.

As I look back now, I don't regret what I did, but you asked me earlier what I'd do differently. I think I would have found a much deeper level of peace in myself before I went out and tried to take my pacifism in to the world.

JE: A deeper sense of peace in yourself?

Barbara Brodsky: Yes. I also spent a lot of time working with the peace movement and doing civil disobedience. I worked with a group called Committee for Nonviolent Action. They had a project called Polaris Action which opposed the building and launching of nuclear submarines. So I would picket or paddle around the river in a canoe blocking the launch. I was young, maybe 18.

In this way, I think that my deafness has been a gift to many people. We need to experience communication in different ways, not just verbally. And it makes people slow down and think about what they're going to say. People are much more focused when they're talking to me, which is a useful characteristic for a meditation teacher to have.

Once a man began to hit me, and each week he came back to where I was picketing and repeated this, pushing me down, hitting, kicking. I was able to be non-violent but I was enraged.

I had a lot of anger and a lot of misunderstanding of what non-violence meant. I was very self-righteous. I was trying to convince people, rather than simply to offer my truth and ask people to consider it. And to try to convince people is a violence to other people.

Finally, one week, I saw all that judgment and realized how afraid I was. In that moment I realized he was afraid too. My energy must have

Barbara Brodsky: Some thoughts came up from my pondering after I sent those papers to you, which all contained peripheral information about Deep Spring Center, not what I consider to be the core of my work. I've spent ten years really trying to figure out exactly what that core is, what I'm really doing.

When I began working with Aaron, I was simply doing my own meditation practice with no idea that I would be teaching or channeling for others - just concerned for my own growth and clarity. Of course I was concerned about the world around me, but didn't feel that what I was learning was something that I was going to directly take out into the world, only to use it to live my own life with more kindness.

Aaron certainly never told me I should teach. But people asked to hear him, so I found myself channeling, and teaching meditation because of the emphasis that he has put on meditation and because of the central place of it in my own life.

There are many Buddhist meditation teachers in the world, so I've asked myself often, is this something I really need to be doing; can I just refer people to other places, or am I teaching something that's different? The nature of that difference has been emerging slowly.

Last summer I had an experience which was very gratifying for me - a wonderful week with a couple named Ratne and Siri Ratnakara from Sri Lanka. They're in their early seventies and have been doing really exactly what I'm doing for over forty years. They teach meditation and dharma, and channel spirit.

Channeling is not so widely accepted in Sri Lanka, and they would lose the respect of the Buddhist community if people knew they were channeling, so they channel only to their inner core group. But spirit has been their primary teacher. One of my students who was in the Peace Corps in Sri Lanka came to them to learn meditation.

They were coming to Vancouver, and spirit, working through this student, really brought us together. There was tremendous synchronicity to it. We each read about the other from articles the student provided us, and had what I might call instant recognition. So they traveled here from Vancouver and spent a week at Friends Lake with me.

They've been teaching what they call "true dharma" and that term caught my eye in the reading material. Aaron also uses this term. It's not a "Buddhist" dharma we're talking about. Dharma is simply the deepest truth of experience, the way things really are. What I've come to understand is that this dharma is basically about nonduality versus duality and relates directly to the teaching of love versus fear.

We raise the question, is everything an expression of the Divine, however we name that Center, or is there an "evil" which has independent existence, separate from the Divine. If there's duality, then we must destroy that which is "evil," but if there is no absolute evil, just gradations of ignorance and delusion, and of self-centeredness grown out of that delusion, then to destroy fear is just enacting fear.

My meditation practice tells me nothing is separate, nothing is dual. Then what do I need to live and to teach, to be consistent with that nondual experience of the universe?

We will feel fear; that's part of human experience. And we'll experience the voices of fear such as anger and greed. These aren't "bad." It's just part of being human. If fear isn't separate we don't need to conquer it. How do we relate lovingly to fear? If we view fear as a distortion of love, nondual, not separate, then we simply work to draw fear into the loving heart, to allow spacious acknowledgment of fear without being caught up in identity with the experience.

But religion sometimes sees in a dual way and focuses on control of these voices. There are so many religious traditions which have become distorted into the various movements of fear. The original teachers of those religions weren't teaching subservience to fear, but slowly the war with fear has become a distortion of these religions.

We do see this distortion in all the world's major religions. In Christianity for example, it comes up in talk about sin and going to hell. Fear is used as a lever to get people to follow the rules.

In Buddhism there's a teaching which says, "Abandon the kilesas." The word kilesas means heavy, negative mind states like anger, greed and pride. "Abandon" as I see it means let go of. If my hat falls into the lake on a cold winter day and I realize I may fall in myself if I go after it, wisdom suggests I just abandon it; let it go.

So, "to abandon" is to turn away from. Abandoning involves wise restraint. But many teachers have used this as a statement "get rid of." There's the idea, we should not have that; get rid of it. We should not have anger; we should not have greed. Get rid of them. Then the whole system moves into a fear-based teaching, get rid of the things that are bad in you. It's a teaching of control.

Here is the choice of love or fear, and enactment of them. The more we touch on that true center and stabilize our experience of it, the more we find (a) that we can bring it out into the world often, and (b) when we can't, we start to recognize what blocks it. And then we can attend to what blocks it, which is very different than abolishing what blocks it. When the blockage is resolved, then the loving energy will emerge.

So as Ratne, Siri and I talked, it became clearer and clearer to all of us that this true dharma that we teach is really about being centered in our true nature, our innate clarity, not caught in the delusion of duality, and about learning how to more fully express that in the world.

Buddhism is one vehicle through which it can be expressed. Christianity and also non-religious traditions - any kind of spirituality - are vehicles through which it can be expressed. Because I've been a Buddhist teacher in many lifetimes, and I know the teachings well and can articulate them clearly, I'm teaching it as Buddha dharma.

But I don't want to overemphasize Buddhism as the vehicle, because Buddhism is just one way we can articulate this. We can say the same thing in any tradition. How do we come to know the divinity in ourselves? How do we learn to live from that divinity? How do we embrace the negativity without enacting it? So slowly I'm gaining clarity about this as the primary focus of my work.

changed, and he stopped taunting me and said the first words that passed between us in all those weeks, "Why do you keep coming back?" He actually gave me his hand and helped me stand up and we went to talk together. That was the beginning for me of learning where peace was to be found, not "out there," but within.

JE: Do you have meditation students now who are interested in nonviolent social action?

Barbara Brodsky: Yes and no. Very few who are actively involved in nonviolence for social change. Rather, there are many people are committed to being truly nonviolent in their lives, to dealing with the difficult people and issues in their lives in a loving way. If you're loving with the difficult people in your life, or if you can offer compassionate presence to people who don't want to allow the integration of a lunch counter, it's the same thing: how do we bring our loving presence to whatever presents itself?

But also, how do you learn not to be afraid to say "no"? To be nonviolent doesn't mean that you just become a doormat for other people's negativity or abuse. So meditation helps us to find a balance where we can say "no" from a very clear place instead of an ego place. We

can say "no" when it's appropriate with a lot more love and kindness and compassion for the other person. It's "no" without the "I'm right, you're wrong" quality which just creates a "nobody wins" scenario.

If it's me against you, both of us are going to lose. But when I can come to a place where I can connect with you, and really understand your viewpoint, then I can start to communicate in a much deeper way and then our interaction has the potential for healing and change.

JE: It has been said that when people study meditation, and other spiritual subjects, then they turn away from social action. They turn inside and neglect social problems.

Barbara Brodsky: I think that's one phase. Some period of retreat from the world may be useful, really even necessary. But if they permanently turn away from active involvement in the world, that's a kind of escapism, withdrawing from the world. What we're learning is only authentic if we can bring it back out into the world. The insights are easy. Living those insights is the challenge!

JE: Deep Spring Center is a spiritual community.

As a community, do you take any collective social action?

Barbara Brodsky: No. I see that as a possible evolution. But I also want to be very careful that nobody feels dictated to by the community. This is a very personal spiritual search and the answers each of us finds are individual.

What I hope we do is to give people the tools to go back into their lives - whether it's more social activism or simply being kinder with their own families - to go back into their lives and work in a more skillful and compassionate way. To change, to allow change, to invite change to happen, in the areas that feel most useful to them. Once they're ready, they can work through their churches or other organizations.

JE: If Deep Spring Center were to blossom further, what would it be like?

Barbara Brodsky: This is a question I've been pondering a lot the past few months. We're at a crossroads. We've gone from very small to suddenly much bigger, sometimes challenging our ability to create smooth linkages. We've either got to limit ourselves or learn how to be bigger. We've got a lot of things we'd like to do. We're learning.

Interview with Barbara Brodsky (continued)

For example, there were far more people who wanted classes than I could teach, so five years ago I attended a Buddhist teacher's conference on teacher training and then began teaching people to teach. Those people are now teaching meditation and dharma.

Many people that have been in the introductory classes want some way to continue their practice after they've taken the introductory class series, so now, after three years of teaching these introductory classes, some of the teachers are teaching the continuing classes.

But a larger program demands more and more effort and organization. It keeps going, and there's a point where one may have to say, "We can't do that."

We were doing what we did very well - offering classes, meditation retreats, a newsletter, books, web-site - teaching meditation and making Aaron's teaching available. Now many people want more of a community, with the possibility of our own building. And community is vital, part of the triple gem of Buddhist teaching.

This is a new phase of our being and we need to consider it carefully and decide if this is where we wish to put our energy. It has to be a dream of the entire community. It's important that it not be MY dream, and that people are not doing it because it's MY dream. People have to be doing it because THEY feel the need to do it, because they value the meditation practice and want to share it, or because they value the spiritual community and want to make it more stable.

JE: How do you understand your role in Deep Spring?

Barbara Brodsky: That's another one that I've been working on recently. It started so simply, Jonathan, with me sitting in my living room with a half-dozen friends who were interested in what

I'm not Deep Spring, although of course the organization began around my work and Aaron's. Deep Spring offers people the opportunity to take these teachings and, with the support of the organization we call Deep Spring Center, to make it more available to others if that feels appropriate.

We've got a newsletter editor, for example, and people who are working with transcribing tapes, or creating a tape archive so that anyone can listen to the tapes. We have people editing, and putting the books together; people doing all these things just because they have valued this, and so it feels right to them to find a way to pass that on.

This is a core part of the teachings - of generosity, of kindness to others - to give in these ways. But all of this is something others will need to organize and not what I see as my role. Perhaps my most vital role now is just to be a still center around which all of this can evolve.

JE: This is a full time work for you?

Barbara Brodsky: More than full time work. And I don't have enough time these days to do the things I consider most important, which are just hanging out with Aaron and continuing to learn for myself. I can't teach if I'm not clear myself. I do meditate daily, but not as long as I'd like to be able to. So I need to step back a bit, and more clearly define my own role, and give others the opportunity to join more fully in this creation.

So I think that Deep Spring Center has to carry itself more. It has to not be my vision of the work so much as a community vision. We had a community meeting a while ago to start to get ideas from people. This process is moving in a good direction now - people coming together and asking not, "What is Barbara's vision?" but "What are different people's visions?"

Something exciting that's just come up is the exploration of the possibility of joining with another spiritual organization to build or renovate a physical structure for both groups together. I



they might be willing to consider the possibility that it's real, or at least to hear it. He's my teacher. No one else needs to accept him at all.

JE: Does Aaron ever say things that you, Barbara, disagree with?

Barbara Brodsky: He says things which I question. There has never been anything deeply important that I disagreed with. We have the same basic world view. But, for example, I was sitting in the living room and he used a word - this was very early on in my channeling - he used a word that I didn't know. And I said, "I'm not going to channel that word. I don't know what it means."

I got up, left a room full of people, walked out and got out a dictionary and of course it was the appropriate word. He said to me at that point, either stop channeling or let go and hear these words, let them move through you and don't worry about whether you've got the right word or not.

It was really an ego issue, me wanting to appear intelligent, not wanting to make a fool of myself. So those are the only kinds of situations where there's been something that's difficult for me - trusting I heard what he's saying and that my hearing is accurate.

There have been things he taught that I didn't understand, and only came to understand in time. There have also been situations in the beginning of our work together where he was harsher than I would have been with someone who was making excuses for himself, not being responsible.

Aaron is honest. He doesn't tiptoe around and hint; he speaks his mind, with kindness but firmly. I didn't want to channel it. I was afraid the person would blame me for the words and dislike me for saying it. It's the only time Aaron ever was really angry with me. He noted that I had a choice, to do this work or not. Free will; my choice. Then he said, "I will not allow someone whom I teach to be harmed by your fear and ego. I will cease to speak through you before I will allow this to happen. Make up your mind which way you will choose." What a powerful lesson about my own ego and fear!

Teaching sculpture the first year or two, I noticed that most of my students started making sculpture that looked like my sculpture, and I said, "No. This isn't what it's about. They need to be making their own sculpture. If I'm teaching them to make my sculpture, I'm not doing this right."

Aaron was saying, and had asked, "Would you channel him?" And I said, "Sure. Let's get together." And then people started asking me, "Would you teach the meditation he's teaching?" And again, there were a dozen people sitting in my living room. There was no Deep Spring Center; there were just people who wanted to learn something coming together.

I really picture my role as holding on to that early role: simply being who I am, as honestly as I can; living my own life with as much clarity as I can; offering others what I'm able to. I see myself as the guiding teacher. Professionally, now, I'm an interfaith minister, so I guess my role is as a spiritual counselor, and a teacher. There's an idea in Theravadin Buddhism, "kalayana mitra" or spiritual friend. Not an authority, just a friend. I really appreciate this model.

think that could be a wonderful path for all of us. We seem very compatible.

JE: Aaron is a spirit whom you channel. Are there people in Deep Spring who cannot accept the idea of channeling or of spirits speaking?

Barbara Brodsky: I don't channel in meditation class. I value the dharma teachings too much to make acceptance of Aaron a condition for hearing the dharma. There are people who come to meditation classes who probably would be uncomfortable with channeling, but they're not exposed to it. They may not even know I'm doing it.

Eventually they pick up a newsletter and they read about it. If they're not comfortable with it, that's fine. They can just keep coming to meditation classes. If they're too uncomfortable with it, they can leave. But generally by that point some trust has developed between us and

JE: You understand Aaron as being a separate entity from you. Does that matter? Could this be a part of you?

Barbara Brodsky: I find this wonderful because I find Aaron to be a separate entity. He introduces himself as a separate entity. But his whole stated purpose is to teach us that there's no duality and nothing is separate. At that point, one can only laugh. (both laugh)



JE: How would a new person begin connecting with Deep Spring Center?

Barbara Brodsky: First of all, we have no membership, so there's nothing to join. So if they want to participate, they simply come. We have a Wednesday night open house led by Aaron, every week when I'm in town from September through early June. Anywhere between six and twenty people show up on a typical Wednesday night. We do ask people to call a few days in advance so we're certain not too many will come.

Sometimes Aaron's talks are more general. Sometimes he follows one subject for a while and many of our books have grown out of those on-going Wednesday night talks. There's a chance for questions and answers and some social time.

We have many meditation classes, including an open class the first and third Mondays of the month, held at Friends Meetinghouse. No registration is required, so people can just hear about it and come. Since it's a big space, they don't need to call ahead. We give very basic instruction on those nights.

Those who want more instruction can sign up for a class series or come to a retreat. We have one-day retreats and we have residential retreats up to 8 days long. Weekends are good for beginners, but my favorite is the week-long retreat every June. So much can happen for people in a week! There's a huge catalpa tree that's usually in blossom and we meditate under it a lot. It's always a powerful week for me.

I don't believe in coincidence. I feel that people who need to find us will find us. We often have people walk in who have never been here before and they sit down and then they begin coming every week. Right then they were ready

for it. A year earlier, they might not have been ready for it. It was just what they needed to hear right now. Somehow energy goes out and at some level people become aware of it, ready to tune in. There's that familiar quote, "When the student is ready the teacher will appear."

For me, spirit is running this show. I just work here, sit back and try to accommodate the flow. I'm always awed by the synchronicity which happens when we're awake enough to pick up on it.

One woman came to me after she had gone into Crazy Wisdom Bookstore. This was nine or ten years ago. There was a flyer on the floor; she stepped on it and her foot slipped so she started to lose her balance. She grabbed at the bookshelf, and a book fell down on her head. So she picked up the flyer and bought the book. Wise woman.

It was one of my flyers and she called me and arranged for us to meet the next day. She read the book that night. The book was one by Ram Dass about Neem Karoli Baba who is my guru, who she'd never heard of before. When she came in the next morning the first thing she saw was a picture of Baba hanging on my wall. It was very clear that spirit was inviting her to come - clear to her and clear to me.

JE: Do you think it is necessary for everyone to meditate in order to be healthy?

Barbara Brodsky: I think that it is. Yes. I would say yes. But I would qualify it. There are many different forms that meditation can take.

I want to go back one step here. You asked how people connect with Deep Spring Center. We have these two very different programs: spiritual inquiry with channeling, and meditation.

In the meditation program, many people have called one of the big, national meditation centers that teach Buddhist meditation and asked what's happening in Ann Arbor. And so they're referred here. They come into the meditation program and many of them have never heard of channeling or are not comfortable with channeling, but slowly, they become less afraid.

Some become much more interested in hearing what Aaron has to say after they spend some time meditating. Or maybe they read some of it and it makes sense to them. We always tell people just to listen without trying to figure out where it's coming from. If the words are helpful, use them. If not, discard them.

Some people come from the other direction. They come because they want to hear channeling. It's sometimes more intellectual at first. Then they start to realize, in order to understand this on the deepest level, they're going to have to learn to meditate. So they come from both directions.

JE: Do you understand the state achieved through meditation to be a primarily right or left brain activity?

Barbara Brodsky: Neither.

JE: How so?

Barbara Brodsky: It's totally beyond right and left brain.

JE: How is the meditative state essentially different from our everyday consciousness?

Barbara Brodsky: The meditative state includes everyday consciousness. It also transcends everyday consciousness. Everyday consciousness deals with the discursive mind at all levels. Here there's right and left brain. Then there is what I call a pure awareness state. I differentiate awareness and consciousness. Consciousness is that which comes from the discursive mind and has some sense of direction. There's still some kind of ego pushing things a little.

Pure awareness takes us into a place of center. It just is. There's no place to go; there's nothing to do. Right there they can watch consciousness and all the voices of consciousness come and go, come and go.

JE: If you had to replace meditation with something else, what might that be? That's a bit of an unusual question.

Barbara Brodsky: What comes up here is the distinction between doing meditation and being meditation. We begin by doing meditation.

If I had to replace doing meditation with something, it would be becoming meditation. That doesn't really follow because it's not a replacement. Rather one progresses from doing meditation into the level of being meditation, allowing oneself to come into that center and rest there again.

I don't think there's anything else that would do it or that would allow one to enter that being-meditation state other than meditation. But there are many forms of meditation. One can sit. One can garden. One can swim. Dance. Do yoga. They're all meditative - ways of doing meditation, which will lead one into being meditation.

JE: What do those ways have in common?

Barbara Brodsky: They bring us to stillness and presence. They give us the opportunity to focus and absorb the experiences of the physical, mental and emotional body; to observe how these movements arise and cease, and arise and cease, as a pattern of being on a relative plane. We do begin to question, "Is this who I am?," and to realize, "I'm not the physical body. I am not the expressions of mind. What's left when all of this is pared away?"

So in each of these, we can allow ourselves directly to experience that core of being. It's just a way to let the mind center farther in and not be so caught up with the superficial aspects of being.

JE: What is left?

Barbara Brodsky: What's left is wonderful. In one sense, it's "nothing," in another sense, "everything." What's left is this pure awareness

It wasn't until many years later that I started to understand where responsibility lies in these things. The part of me that deeply wanted to convey our belief in the equality of people and the need to treat people with kindness, that was not creating this hate. But the part of me that was judgmental and couldn't recognize that judgment, the part of me that was angry, that was afraid, that was mirroring the negativity of others - that part shared responsibility for creating the situation.

mind, pure heart mind. God! However you want to phrase it.

Buddhism talks about emptiness, and this is often misunderstood. People become afraid in meditation to let go of this superficial aspect of self, because there's a sense of, "What am I going to do, annihilate myself? There's not going

to be anything left." They think that when they stop being identified as the physical or emotional or mental body, there's just a void.

But there's not a void at all; there's fullness. I can't tell you what it's full of - there's no way to articulate it. But when I come to that space in meditation, where the physical body has just completely dissolved - all sense of self as ego-self has dissolved - I can experience what seem to be things - thoughts, sensations - arising and passing away. But they're not me or mine.

When I pass through that level of experience, I come to a something, an intense energy and light. These words are still just expressions of That, with a capital "T" which we really can't get at, because you can't get there with the discursive mind. You can't talk about it. But anybody who has rested in that space, even for a



moment, knows that it's real. And that there's something there, whatever you want to call it. It's a very peaceful space. This is its primary characteristic for me. Profound peace.

JE: Is it a constant state for you?

Barbara Brodsky: In a sense, but I would need to qualify it. If you come out to the lake, you can dive in and be all the way under water, but you can't stay there. You can turn your back to the lake and say there is no lake - that's the opposite extreme. Or you can sit there with your feet in the water.

It's very clear that there's a lake that you're connected with, but you can't stay all the way down under water all the time. It's a constant experience for me, in that I don't lose the sense of myself as spirit, interconnected with all that is. But there are times when that experience is much more profound and times when it's very elusive.

JE: Can you say any more about quantity and quality in meditation practice?

Barbara Brodsky: Obviously, quality is more important. But I tell students that if they wanted to learn to play the piano, took piano lessons and they practiced for five minutes a day, even if it was very intense, focused practice for five minutes a day, they are not going to get to be a concert pianist that way. If they want to be a

concert pianist, they have to do both the quality practice and also to put in time.

I think it's important to distinguish between a formal sitting meditation, and mindfulness, just being present in our lives. If we leave the practice on the cushion, then it's meaningless. It's got to become a twenty-four hour a day involvement, and at that point, quantity is meaningless. We're constantly meditating at different levels.

JE: Can you have mindfulness without sitting meditation?

Barbara Brodsky: Only if the practice and training are so deeply established. At a certain point, our training takes over and the practice of mindfulness becomes so deep that it just continues, even in our dreams. But most of us are not fully there. We need the formal sitting. I do.

JE: What is your daily practice like?

Barbara Brodsky: I spend some time either chanting or doing devotional meditation. Then I do silent Vipassana practice for maybe an hour. After that, I spend some time talking with Aaron, just going over both personal and teaching questions that I have. Sometimes I work with transcripts from talks he's given. It's not enough to understand them conceptually; I've got to take it into meditation.

I do a long practice for a couple of hours in the morning and then sit for maybe a half hour at night before I go to sleep. The night practice is very different, mind not as alert and focused, more busy. So at night I'm more involved with a relative reality practice, all the business of the day; in the morning it's a quieter practice, resting in a place of great stillness.

I find both areas are necessary. And I try to be mindful during the day. That's probably the biggest part of practice, living it all day, as much as is possible. We talk a lot about "character work," the practice as everyday living.

I also do a fair amount of Dzogchen pure awareness practice which is from the Tibetan tradition. Dzogchen is different from Vipassana but it supports Vipassana.

Before I explain dzogchen, let me first talk more about Vipassana. The word "passana" means "seeing." "Vipassana" means a deeper form of seeing. We start with a focus on the breath. Then as physical sensations, thoughts or emotions come up, we note that they're present.

We don't prefer one experience to another. We just note how it all arises and moves through our minds and bodies and dissolves. We see this constant flow of the mind-body experience. Some wisdom develops as to who we are, as we see that we're not the content of mind nor the form of the body.

There are two outcomes to this kind of practice. When we start to understand from a relative perspective how our experience is conditioned, how it arises out of conditions and how it ceases, and that it's impermanent, then we start to understand the roots of our dissatisfaction, and what the nature of happiness is.

Everyone wants to be happy. Where is happiness to be found? So this is a much more everyday side of practice. We do find more peace and also more ability to be present in our lives. So often we've been like skaters on thin ice, needing to keep going fast; we can't stop or we'll fall through. In this practice we allow ourselves to stop!

But we're not practicing just to be happy; we're practicing to be free. So we need to understand the whole basis of karma and how we've gotten caught in the perpetuation of birth, life and death. As we watch the flow of phenomena - forms, feelings, thoughts - we begin to understand that it all simply arises when conditions are present and ceases when the conditions cease.

We call this the phenomenal world, the world of conditions. Relative reality. Eventually the practice opens one into the direct experience of the Unconditioned, that is, that which exists independent of conditions. At that point, one starts to see the relationship between the conditioned realm and the unconditioned.

We begin to understand how we've perpetuated karma on the conditioned realm by taking things as self, and as permanent. That insight doesn't mean we don't exist, only that there is no separate independent self that exists. The core, Unconditioned, is not "me." When I'm there and you're there, we're in the same place.

The third piece is to harmonize our daily life with these insights. This is the hardest part. We offer many support practices that help. So this is Vipassana practice - choiceless awareness practice.

JE: And Dzogchen?

Barbara Brodsky: I also do and teach Dzogchen practice from the Tibetan tradition. I've done a couple of long Dzogchen retreats with Tibetan teachers as well as learning Dzogchen practice from Aaron.

I had a wonderful experience at my first Dzogchen retreat. The teacher came up to me after the first few days and said, "Are you getting any of this?" And I said, "Well, I can't hear you. They're supposed to be taking notes but it isn't organized yet." And I added, a little bit timidly, that I had an inner teacher and he had been teaching me about this, before, and now, during the retreat, giving me instruction.

So the Lama said, "Well, let's see your notes." I showed him my notes, and he said, "Oh, Aaron understands this. Fine. Trust Aaron and check in with me once a day." So I've been learning Dzogchen both from human teachers and from Aaron. But I'm not a trained teacher in the Tibetan tradition. I'm only teaching this little bit of pure-awareness practice.

In Dzogchen we see how the conditioned arises out of the unconditioned. Then conditioned experience just points us back into the Unconditioned. A good metaphor is a stream flowing from a pure spring. The stream water is dirty. If we want a drink we need to find the spring. We don't look elsewhere, but we follow the stream back to its source.

In the same way, we don't look elsewhere for the Unconditioned but right here in this moment's thoughts and sensations, this moment's conditioned phenomena. If we keep looking, the Unconditioned is there.

I think it's important to distinguish between a formal sitting meditation, and mindfulness, just being present in our lives. If we leave the practice on the cushion, then it's meaningless. It's got to become a twenty-four hour a day involvement, and at that point, quantity is meaningless. We're constantly meditating at different levels.

Another way of saying it is that there's nothing which is not God. We call this pure awareness practice. So my personal practice is a

balance of both of these forms of meditation.

JE: Do you work with other teachers in the Ann Arbor Area?

Barbara Brodsky: I don't work with other teachers, except our Deep Spring teachers. We have a

practices out to the world, and I have a great deal of love and respect for him. But the Buddha wasn't a Buddhist. Buddha was just one who was awake. He was teaching people to wake up. The word "buddha" means "one

have come to value that. He is that fully enlightened teacher we all seek, has been through the rounds of birth and death and finished with it.

Jonathan, I want to go back for a minute to the distinction between Vipassana versus Dzogchen pure awareness practice. I said that Vipassana eventually opens one into this experience of the unconditioned. People can start to think then, that this experience of the unconditioned is something that's a long way down the road, and that we've got to go miles and miles before we can get to it.

The important thing is that this Unconditioned is inherent in every moment. It's right here. It's constantly available. The Dzogchen practice teaches one to touch on that center, to recognize it and say, "Ah! Right here! Right there is the center. That's it! Right here; there's nowhere to go!"

But there's still somewhere to go, only because we have to learn how to stabilize that resting in center, "resting in rigpa," the Tibetans phrase it, and live from that center. So the dzogchen meditation is a complement to vipassana because it reminds people, "There's no place I have to go, there's nothing here that needs to be fixed. I just need more deeply to realize the truth that I keep getting glimpses of, and I can do that through vipassana and other spiritual practice."

Here is the doorway to real happiness, real peace.

JE: Would you say happiness is the outcome of practice?

Barbara Brodsky: A lot of people come to spiritual practice because they're experiencing some kind of discomfort in their lives. And we want to be happy. We all want that, and wish it for others. But, as I've come to understand it from Aaron, we didn't incarnate for comfort and convenience.

Incarnation is at best uncomfortable sometimes. That doesn't mean that it's not wonderful, and that there aren't long periods of time where we can be very happy. But we're spirit and here to learn. Comfort is secondary. Our idea of comfort changes over time. At first a barricade can feel comfortable, four walls to protect you, keep out everything uncomfortable. Then you start to feel it as a prison.

We have these four bodies: physical, emotional, mental and spirit bodies. They are all integrated. We are not here just to find emotional comfort or maturity, to be comfortable in our physical bodies. The question that I find myself asking many people is, "Do you want to be comfortable or do you want to be free?"

Sometimes we've got to put up with some discomfort on a spiritual path as we start to look deeply into the whole nature of experience. If we state, as our highest purpose, avoiding



teacher training program, now in its fourth year.

But I have friends in other traditions in Ann Arbor, and we get together as regularly as we can. It's irregular given everyone's schedules, but we try to get together. We sit and meditate together. We talk about the places where our teaching comes together, like training teachers, working with difficult students, how we do interviews, and also share our personal practice experiences.

It's important to have peers with whom to share these things. So we learn from each other and we encourage each other. We're teaching different things from different traditions, but the overlap is greater than the differences.

I do lead retreats with a man from North Carolina, John Orr, whose training was as a Buddhist monk in Thailand and India for 9 years, in the seventies. We teach together here, and at numerous retreats around the US.

I met John when I was very new to vipassana; I went to one of his retreats. I'd never been to a retreat before. I was pretty nervous. Everything Aaron was teaching me made such deep sense, but I'd never heard it from humans, only from Aaron. In fact I was amazed when a flyer came in the mail for the retreat because I didn't know vipassana was being taught in this way. I didn't yet even know the name "vipassana."

I asked John about it, showed him some notes from Aaron. He wrote to me after the retreat and said, "I can't teach you; your understanding of the dharma surpasses mine; trust Aaron." We corresponded a while and he invited me to lead retreats with him. It's been a very important friendship for us both.

JE: Why would someone be drawn to Deep Spring Center for meditation rather than one of the other meditation centers?

Barbara Brodsky: We are a non-denominational center. We don't use any ritual or form that's not optional. People are free to bow or to do other kinds of ritual, but it's entirely optional. We don't ask people to take on any religious beliefs, just to meditate and be mindful. Insight, and growth, will emerge from that.

People who either are not comfortable with formal religion, or who are content with their own religion already and don't want to get into another religion, but just want the meditation practice - those are the ones who seem to come to us most.

I want to give credit to my teacher here, to the Buddha. He's the one who offered these

who is awake."

So we're not teaching people to be Buddhists, but to be buddhas, to be awake. I think this is true of most dharma centers, but with the ritual, and membership in a religious group, people also become Buddhists. But becoming anything takes us further from freedom. We can get so caught in labels and separation.

This is an area that I've not completely figured out for myself. Clearly, we are a Buddhist center, in terms of what we're teaching - in terms of the practice and the dharma teachings that support, and are supported by, the practice. I consider myself a dharma teacher more than a meditation teacher.

Meditation is a pathway to understanding dharma. Dharma is the truth of how things are. The Buddha said, "Be a lamp unto yourself." He said there's nothing we can't learn from our own experience, if we are still and really look to see how things are. Dharma and Buddhism are not necessarily identical. Dharma practice is not restricted to Buddhists.

So I think people come here both for that spaciousness from a formal religious situation, and also because they are drawn by the broader range of spiritual teachings, through Aaron, through the channeling, working with energy, with the elements, with chakras,

I want to give credit to my teacher here, to the Buddha. He's the one who offered these practices out to the world, and I have a great deal of love and respect for him. But the Buddha wasn't a Buddhist. Buddha was just one who was awake. He was teaching people to wake up. The word "buddha" means "one who is awake."

healing practices, even some metaphysics - with a much broader range of things than traditionally come into Buddhist teaching.

For example for four years we had a class we called "Project Light," mostly body and energy workers learning from Aaron about inviting the healing of the physical and energetic bodies, working on the various planes, astral, etheric and so forth. Aaron truly does have a unique perspective and many people

discomfort, then we as humans have an enormous number of ways of escaping. If we develop a certain spaciousness and willingness to just be here in this human experience with all its joys and all its pains, then we can start to look more deeply at what perpetuates this whole cycle of birth and death.

Aaron emphasizes that coming to the place where we no longer need to take birth and re-birth is not the end of our path by any means.

Interview with Barbara Brodsky (continued)

We continue to evolve. We simply don't need the catalyst of human experience anymore. Not that that's bad, and some beings may choose to come back even if they don't need to. Buddhism teaches about the bodhisattva who does come back, not because karma pulls him or her back, but simply out of love for beings and a commitment to help beings grow.

But it's nice to be able to do that as a free choice and not to be trapped by karma. So I see a very important part of what I am teaching really to be liberation in the broadest sense. We don't talk much about this kind of thing. We talk about freedom from what's happening right now, from the anger, and my mind running in circles, and being obsessive from distortions in the body, pain, how we can bring our bodies and minds back into more balance.

Small freedoms; big freedom. All of these insights and growth are leading toward liberation in the ultimate sense, and I think it's very important not to forget that. No need to talk about it, just to keep in the back of one's mind.

JE: What is the nature of compassion?

Barbara Brodsky: The closest I can come to answering that is a statement that Aaron once made. We were talking about forgiveness in meditation, and what forgiveness means. He said, "With perfect compassion, forgiveness is no longer necessary. There's nothing left to forgive."

Reflecting on that leads me to see compassion as a complete letting go of separation of self and other - a deep opening to the connection between us, so that I'm focused on how we

*We have these four bodies:
physical, emotional, mental and spirit
bodies. They are all integrated. We
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in our physical bodies. The question
that I find myself asking many people
is, "Do you want to be comfortable or
do you want to be free?"*

interconnect rather than how we are in opposition. Compassion grows from an opening of the heart to the point that we really can see another not as somebody separate from self, but as an aspect of self, and all of it as expression of the divine. When the heart is open in this way, compassion emerges.

JE: What are the greatest difficulties people have on the spiritual path?

Barbara Brodsky: They get confused because there is an ego-self and they think they have to combat the ego-self in order to experience this deeper compassionate self. And then they fragment themselves, ego and that which is battling the ego. They don't see how they're creating this war and that it only strengthens the seeming solidity of ego.

Many people who come to me are so conflicted about this, especially people who truly aspire to live their lives in a loving way. They see the anger, the greed and the heavy emotions in themselves and they think, "I'm hopeless. I can't get rid of this!" Heavy emotion will keep coming up. We have an emotional body.

If you stub your toe, you don't say, "I shouldn't feel pain." This is the nature of the

physical body with nerve endings. But if someone yells at you in anger and anger arises within, people think, "I shouldn't have this anger." But anger is just anger. How will we relate to it? Here's where we can stop the war and truly find peace.

So I think the most difficult place for people on a spiritual path is learning kindness to themselves and really to embrace themselves, not to see their lives as a battleground between that

emerge, the negativity falls off naturally as we ground ourselves in our innate goodness and kindness.

It doesn't mean we're always going to be feeling kind and loving at all. It means that when we're not feeling kind and loving, that's okay. We don't get caught up in an identity that says, "Well, I'm bad because I'm not kind enough." Unkind is just how we're feeling right now.

JE: How do we stop being unkind?



which they call "good" and that which they call "bad". That doesn't mean that we're not unskillful sometimes. We have to attend to that which is unskillful, but not to hate it or see it as separate from our goodness. Can we go to your other question about non-duality?

JE: Yes, what is meant by the idea that there is nothing that is not God?

Barbara Brodsky: My kids used to have a big sandbox in the backyard. They would build things out of sand, and they would give them names, and they would say, "This is this; this is that." It's clear that they thought that each shape had a separate identity, but there's nothing there but sand. In the end they'd stomp it all down flat.

Everything is an expression of the divine. Think of an underground spring, deep underground. On the physical level, I have to stay on the surface. I can't get down into that spring. But the spring expresses itself out into the world. And then it forms into a little stream and into a river.

Fifty miles down the river if I see the water from the river, it's the same water that was in the spring! The spring, the first outflow, and the river are all the same water. It may be polluted; it may have picked up some chemicals; it may have picked up a foul odor, but the perfect water is still there too. Too often we only see the stench, the oil slick on the surface. Can we also see the perfection?

JE: How have you noticed your students growing and changing as they study with you?

Barbara Brodsky: Can I put a question in your mouth and then come back to this?

JE: Yes, please do.

Barbara Brodsky: It's about your question, what is most difficult on the spiritual path. The question comes up, how can people best be guided to experience everything as an expression of the divine and not be so stuck in their own fears and concepts of limitedness. What helps?

So many people come to spiritual practice and say, "Now I'm going to make myself good. I'm going to get rid of all the bad stuff." That's an immense burden to put on oneself. But when we can come to spiritual practice just with a sense of possibilities, opening our heart, seeing a deeper possibility of truth in ourselves that can

Barbara Brodsky: You stop being unkind simply by focusing on kindness. If you focus on unkindness and try to get rid of it, you just perpetuate unkindness. If you focus on kindness, you can always find it.

JE: Are you surprised by where your life is now, at this age?

Barbara Brodsky: Not really, Jonathan. Many years ago, when I was a child, I had a very profound meditation experience. I shared this with you once at Friends Lake.

JE: Yes.

Barbara Brodsky: When my guru, Neem Karoli Baba talked with me about what this incarnation was about, he gave me the name, Shantih Das.

JE: How old were you?

Barbara Brodsky: Eleven.

JE: How did you know about Neem Karoli Baba?

Barbara Brodsky: I had no idea who he was. I called him the man in the clouds. This "talking" wasn't in person; just spirit. But I spent a lot of time hanging out with him. I suppose that was what a lot of adults would refer to as an imaginary playmate. So he really gave me a very clear direction. He gave me this name and said when I fully understood it, then I'd be ready to begin my life's work.

If you stub your toe, you don't say, "I shouldn't feel pain." This is the nature of the physical body with nerve endings. But if someone yells at you in anger and anger arises within, people think, "I shouldn't have this anger." But anger is just anger. How will we relate to it? Here's where we can stop the war and truly find peace.

It took me decades to understand the name! It means "servant of peace" but I had no idea what it meant then. Maybe five or six years later, I uncovered the meanings of those words, one at a time. Then I went off on all sorts of illogical tangents with them, which took me into peace work and such.

My family was Jewish and there were people, relatives, who were caught in Europe during the War. From the time I was very young there was talk about World War II and Nazis killing people, Nazi atrocities. And it was just unimaginable to me how people could kill each other, and how we then justified our killing of the people who were doing the killing.

So from as young as I can remember, I was very concerned with "What is the nature of peace?" and then came this name, Shanthi Das, and my whole life has really revolved around that. There was never any conscious decision to become a channel, to become a dharma teacher. But there was a conscious decision to understand the nature of peace, and so it seems to have flowed in a very natural direction. I'm in wonder of where I am now, glad for it, but not surprised by it. It just seems to have flowed.

JE: Do you have any pictures of what the rest of your life might be like?

Barbara Brodsky: Not at all. I don't really think about it much. I'm just here and as long as this is of use to people, what I'm doing, I'll do it. If it stops being of use to people, I'll start making sculpture again, or some balance of the two maybe, or go off and live in the woods for a while. Many possibilities.

I've really learned to trust the flow of life and to look deeply at my own intentions and see how the power of personal intention, when in harmony with the whole universal energy, just brings one ahead to the next thing. As long as I have to control things, I don't leave any room for grace. When I let go of control, I honor my own self and those around me and trust what life brings me, pleasant and unpleasant. The entire flow is grace, is the divine harmony.

JE: I began to ask before, how have you noticed people change who study with you?

Barbara Brodsky: This is really something which keeps me going, Jonathan, because we don't live in a vacuum. I'm not teaching to try to get a good feeling, to be able to say, "I'm a good person; I'm helping others." But there's so much suffering in the world and it is deeply meaningful to me to touch that suffering in meaningful ways.

I see students growing; I teach all over the world, so it's not only students here in Ann Arbor, but I get e-mails from people about things that are going on in their lives. It's good to see them finding this increased joy, freedom, and ability to relate kindly to the world.

One woman deeply inspires me, a young woman who has recently been diagnosed with MS. She's been struggling with this, and I see her coming into so much strength and centeredness, realizing her ability to live her life with this disease, and how that realization of her true nature is informed by her meditation practice.

I see people ending the wars with their families, their lives, their own selves. This is, to me, the final expression of serving peace. It just spreads, one to another, out and farther out. These people inspire me tremendously.

And it's wonderful to see the people that I started with ten years ago now out teaching others. Each teach two - that idea. Teaching not only meditation but this whole way of being in the world from a place of love, not free of fear but not so deeply identified with it as to be reactive to it.

Aaron keeps emphasizing that we have a choice, fear or love. That doesn't mean we don't feel fear, but we're not controlled by it. Fear actually becomes the teacher. Fear, seen just as it is, is freedom. So it's wonderful to me to see people learning these things, people becoming just a little more able to be loving in their lives. It makes me very happy.

Endpiece ~ Reiki and The Woodpecker

by Steven Falcone

It was a cold December morning, and because our Reiki class had just two students that week, we decided to hold the class at our home in Whitmore Lake. After exchanging introductions with each other, and armed with mugs of steaming tea, we all settled down in the front room to begin the day of training. Suddenly a loud thud banged against the office window, and my wife Kim and I went to investigate.

Outside, a young woodpecker, its small head bent at an impossible angle, lay motionless on the deck. "It must have bounced at least 10 feet off the window" I said as I rushed outside.

Woodpeckers are a common sight for us during this time of the year, but neither Kim nor I had ever seen one so young. Barely the size of a finch, its small body was no match for the large window. I approached it cautiously, not wanting it to panic and injure itself more. Upon closer observation I noticed that its eyes were closed and its body was limp. It was either unconscious or dead.

I gently scooped the lifeless bird into my hands carefully cradling its neck. Its head was bent so severely forward, I feared its neck was broken.

"Is it alive?" Kim asked through the window. "I think so" I said, but I wasn't sure. It was so motionless and cold.

Our students looked on as I gently moved its neck from side to side trying to coax some movement, some sign of life out of the little bird. I said a silent prayer of intent and Reiki began to flow through my hands and into it. I sensed that it was still alive.

Almost instantly it moved ever so slightly and I could feel its cold feet trying to grip me inside my cupped hands. The Reiki intensified and I felt the familiar pulsation and rush of heat between my hands and the bird. Slowly its dull eyes opened. With each passing moment they seemed to become clearer and the bird became more alert.

Quite content to sit in my hands the little bird looked at me, cocking its head from side to side as it continued to absorb the Reiki.

After a while the pulsations began to subside. I tried to coax the bird to perch on the back of our porch swing, but it held on to me firmly. It was so calm and relaxed. I continued to hold the bird gently. Finally, it released its hold and perched on the back of the swing.

I had neglected to wear a coat or shoes in the rush of activity, and by now I was cold and ready to go indoors. Back inside and warm, we settled down to begin the class.

A half hour later the little bird was still perched on the swing. As I went outside to check on it, it cocked its head, gave me a knowing look and flew off into the trees.

Our students commented that although they were sorry for the bird, they appreciated the hands on demonstration. For Kim and I this was yet another reminder that all things are connected, and that Reiki is sometimes the thread that weaves us all together.

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THE CRAZY WISDOM LIST OF HEALTH AND HEALING RESOURCES IN ANN ARBOR

This fall 1999, Crazy Wisdom will be preparing the seventh edition of our list of Health and Healing Resources in Ann Arbor. This list of healing practitioners and centers has been compiled and distributed free by Crazy Wisdom for ten years. The last edition contained 110 healing categories and 300 listings of individuals or groups offering services to the public.

In order to be included in the next edition of the Health and Healing Resources list, each individual or center must complete a new one-page information form. Blank copies of these forms are available at the Crazy Wisdom counter. (If you already receive by mail the Crazy Wisdom Calendar forms, you will automatically receive the Health and Healing Resources information form.)

EVERY PRACTITIONER AND CENTER WHICH DESIRES TO BE INCLUDED IN THE NEXT EDITION OF THE LIST MUST COMPLETE A NEW FORM THIS FALL. Whether you have had an information form on file with us for some years, or if you just did one in the last few months, everyone must complete one of our new forms to be part of the next edition of the resources list.

We hope to print the seventh edition of Health and Healing Resources in Ann Arbor as part of the next Crazy Wisdom Calendar that comes out in December 1999.

COMPLETED NEW INFORMATION FORMS MUST BE RECEIVED
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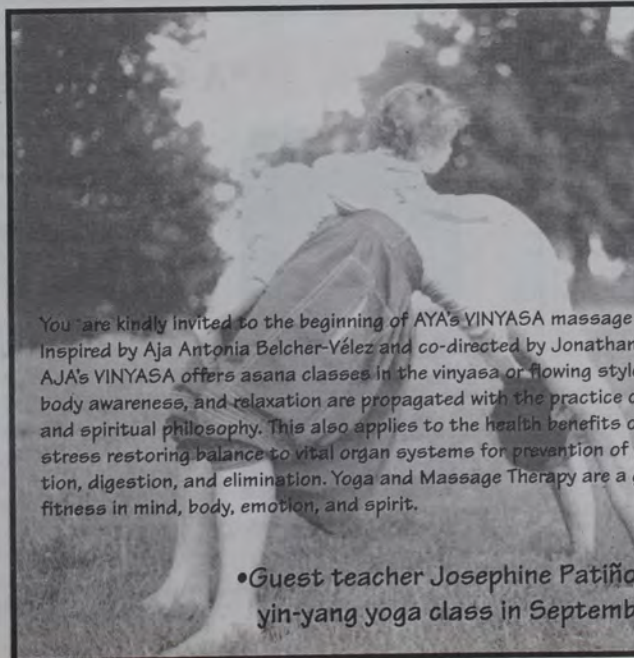
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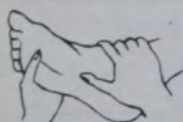


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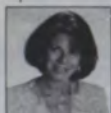
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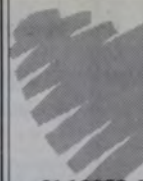
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eclectic folk music

Thursday, September 16, 8:30-10:30 p.m.

Dan Orcutt

electric harp and cello

Friday, October 8, 8:30-10:30 p.m.

Lori Fithian & Craig Kukuk

acoustic guitar & percussions

Friday, October 15, 8:30-10:30 p.m.

Gae Winn

Native American flute

Friday, November 12, 8:30-10:30 p.m.

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**Calendar Highlights for
September - December 1999**

- 1) **Eli Jaxon Bear** – September 11
(See Spiritual Development)
- 2) **Reception for John Perkins and the Shamans** – September 14 (See Shamanism)
- 3) **The Gathering of Shamans** – September 14
(See Shamanism)
- 4) **Sarah Breathnach (Author of Simple Abundance)** – September 17
(See Personal Growth)
- 5) **Storytellers Retreat** – September 24-26
(See Storytelling)
- 6) **John Friedlander Reading and Reception**
(Author of *Basic Psychic Development*) – October 1
(See Intuitive Awareness and Psychic Development)
- 7) **Complementary Therapies in Clinical Practice** – Oct. 8-9
(See Complementary and Alternative Medicine)
- 8) **Full Moon Concert** – October 23
(See Music and Sound)
- 9) **Dimensions in Light Festival** – November 7
(See Conferences, Fairs and Festivals)
- 10) **Starhawk in Ann Arbor (Author of Spiral Dance)**
– November 12 (See Ceremonies, Celebrations & Rituals)
- 11) **Starhawk Reception** – November 13
(See Pagan Spirituality)
- 12) **Visionary Jean Houston at the Weber Center** - November 19-21
(See Ad on Page 2)
- 13) **The Labyrinth Beckons** – December 4
(See the Millennium Section)
- 14) **Evening of Sacred Song** – December 11
(See Singing and Songwriting)
- 15) **Year End Candlelighting Service** – December 31
(See Buddhist Teachings and Meditation)

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. The Calendar is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The **deadline for free calendar submissions** for the January thru April 2000 issue is **Wednesday, November 17th**, and the **deadline for paid advertising is Wednesday, December 1st**. The issue will be distributed starting December 17th. 4,000 copies of The Calendar are printed, and The Calendar is available at our bookstore as well as at more than 25 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're currently located at 114 South Main Street, Ann Arbor, Michigan 48104.

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This issue of **The Crazy Wisdom Calendar** was organized and edited by Bill Zirinsky and Molly Nuzzo. Production and Design Editor: Molly Nuzzo. Calendar Editor: Lynn Murdock. Photographs by Linda Lawson, unless otherwise noted. Transcribing of interview: Abbie Stahlin. Cover design: Molly Nuzzo. Proofreading: Chris Craig.

Most of the quotes used in the calendar section were found in the following books: *Graces* by June Cotner and *A Guide for the Advanced Soul* by Susan Hayward. These books are available at Crazy Wisdom Bookstore.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

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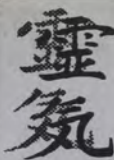
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The Crazy Wisdom Interview — Jesse Richards on Loving Animals, Creativity, and the Great Spirit

interview by Linda Diane Feldt

My dog, Zomba, was thrilled when we arrived at the west side Ann Arbor home that Jesse Richards shares with her husband, Joseph, and her two dogs, Tia and Dartanian. Small furry Tia played wildly with my Rhodesian Ridgeback while staid Dart, a lab mix, watched and occasionally joined in.

Jesse lives pressed up against nature, with plenty of room for the dogs to run, and a variety of gardens that are taking on the personality of Jesse and Joseph. The main living area of the home reveals a view of a half dozen bird feeders, with birds darting in and out constantly.

Jesse punctuates her words with gestures, melodious inflection and rhythm, tossing her long very curly dark hair, and with a myriad of facial expressions. On paper, with none of the additional expressiveness, her words almost become more powerful and personally revealing.

Jesse and I spoke away from the frolicking dogs, comfortably settled on the floor of her home office.

Linda Diane Feldt: You have incredible talents in a lot of different directions. It is very multidimensional. How do you describe what it is that you do?

Jesse Richards: Hmm. [Pause]. I'm a composer and recording artist.

Linda Diane Feldt: I do mean all of it.

Jesse Richards: Ok, I also direct a dance-performing arts company [Hundredth Monkey], write shows, teach music and dance, do metal work and make really dandy spinach enchiladas! That's it!

Linda Diane Feldt: OK. The question really is, if there's a way that you perceive your work as integrated in some way.

Jesse Richards: That I can answer. Yes, all my work is single pointed — it all has the same goal.... I'm interested in the evolution of the human soul and in making evocative art that stimulates or reflects that evolution.

LDF: I'd like to hear more about what it means to have the human spirit evolve, to have that change — why would that be a goal?

Jesse Richards: I think being a human being is a beautiful thing, but most folks assume that we are *born* human. From my perspective it is a life long process to *become* human. There's a handful of people that have gotten there and they stand out in the crowd like beacons. People like Buddha, Jesus, various yogis, maybe Peace Pilgrim, to name a few. I guess the most common link among them all is that the love in their souls becomes so bright that it burns all their hatred and fear away. I think the process of achieving that state is a sacred one; it happens step by step, decision by decision.... that's the evolutionary process of the human soul.



Photo by Linda Lawson

LDF: And I know that it isn't just the human spirit that you're concerned with.

Jesse Richards: I think loving animals offers us an opportunity to evolve into more loving, aware, conscious beings. People come to animals in various states of awakensness or awareness, but many compartmentalize them off as non-sentient beings — cute objects. But when you bring an animal into your life and the relationship deepens, something may happen to introduce the fact that they *are* sentient. At that point you start treating them differently. With more respect and curiosity. As the love deepens you start not caring about the fact that society says they are *just* animals — you see them as *family members* and that is an in-road to experiencing at-one-ness, connectedness. The more you love, the more you feel at-one-ness with another living thing. The great thing about the human beings I previously mentioned is that they feel it with *all* beings!

LDF: I'd like to hear more about that point of change — seeing animals as more than just animals. How did that happen for you?

Jesse Richards: Well, on the one hand, I was born with my eyes wide open to loving animals and acknowledging their souls. But on the other hand, loving

animals has been an opportunity for me to evolve my capacity to love. It works to whatever level you come to it.

Take my relationship with Lusha [Jesse's wolf-dog]. I instantly loved her and saw her deep soul, but even so I went through a process of weeding out myths, or prejudices, that I held about her. The myths would gradually bubble up to the surface and I'd go, "Oh my God, that's what I thought was true about you, and I was operating under that myth, and then — Poof! I'll never do that again."

One nuts and bolts example with Lu was that she always had a ravenous appetite. I grew up thinking all a dog needed was kibble. I would fix this wonderful food for myself, and I then just give her kibble. She would always stare at me and I'd think, "What's the problem. Why is she looking at me? She finished her kibble and now she wants my food. Oh yeah, it's because she's got a wolf's appetite, just ignore her!..." But with the help of my husband, it finally broke through my thick skull that her needs weren't being met with kibble. I was operating under a food myth for her. After that myth bubble popped, I did some research and dinners became a lot happier time for her.

LDF: I wanted to talk about Lusha. I also recognize that that's very personal and a very special part of your life.

Jesse Richards: Lusha was a soul mate, companion and teacher to me. Before I met her as a puppy, I could feel her spirit near me for about 5 years. Then I had the privilege of actually spending 10 and 1/2 years with

her. She passed away January 15, 1998. I sometimes can still feel her with me. When I can't, I miss her dreadfully.

One of the things that was so special about her was her eyes. She could look at me with the most penetrating, knowing gaze. She saw more than I did. She always held out an invitation to see a bigger picture, which I was rarely able to do. It's since she died that I am able to piece together all that she was offering. So her teaching continues.

She was a big hearted mother of her pack. And that pack could grow to include visitors or shrink just to include Joseph, Dartanian (black lab), and I. On walks she would sit in the driveway and wait for all members to assemble before she'd budge. It was so sweet the way she claimed people.

LDF: Lusha was part wolf. How do you feel about people breeding dogs with wolves?

Jesse Richards: Well, I actually don't agree with people breeding anything. I don't believe we have the right to toy with other species that way. But specifically I don't believe in breeding wolf-dogs.

Wolves have a spirit that is different than dogs and I feel it's quite unfair to try to contain that wild

spirit in the domesticated world. Also, there are few people that are up to the task to offer a wolf-dog a living situation that honors the complexity of their needs. Therefore you end up needing places like *Wolfsong Ranch Foundation* in Arizona which is a refuge for over 200 wolf-dogs that were abandoned by people who thought it would be cool to have a wolf in their lives, but then freaked out when it showed its wild nature. They get dumped at *Wolfsong* for not being a dog. I do mean dumped. One wolf-dog, Thumper, was actually thrown over their fence. She had a broken spine and paralyzed back legs... probably from being beaten.

LDF: I think until I had my own dog, I didn't quite believe the type of relationship that you could have with an animal. And so certainly my appreciation for what that means has completely changed. And yet it is possible to have a dog and not notice that they're there. And I think that's how a lot of people experience pets as kids - growing up, they just have a dog that's -

Jesse Richards: Part of the furniture?

LDF: Yeah. Unfortunately, which is part of why we have such an unwanted pet problem. I don't know if this is a fair question, but how can people be encouraged to have that bond? What causes people to step over?

Jesse Richards: That's a really good question. Perhaps those who are a few steps ahead of the others in forming bonds with animals can help others to see it's a great thing to do. Help people see it's safe to have their armor of fear penetrated by the love of an animal.

Fear is the most wily opponent to love. The ultimate armor. Fear of looking stupid. Fear of being let down. Fear of being hurt again. Fear of loving someone and not having that love returned. Fear of stepping out of socially acceptable norms.... Animals are so willing to help us pass through that fear.

in love with tortoises and elephants and parrots that all live a long life, but there's also a terrible reality that most animals have very short lives.

Jesse Richards: Yeah, it's so hard to let them go. And again, our culture doesn't embrace heartbreak and death.

LDF: It looks easier to love things that will last longer. But we never know.

Jesse Richards: I think seeing how older people light up when animals are brought into their lives can teach

working at me from all directions all the time. It's omnipresent. I call it all sorts of names. It's the core focus of my life. There are no words for it. It's on my mind all the time and I wish it was even more so.

LDF: Is it comfortable, then, to bring all that faith and belief into your performances?

Jesse Richards: Well, I don't generally club people over the head with my beliefs. I think if a project is infused with love, then it will be infused with spiritual energy. I like the idea that a person who walks in Love

is a spigot for the Divine presence. And I'm only there part of the time.

LDF: And yet, even if it's not spiritual aspects of your work, a lot of what you perform is very personal. It comes from a very personal, private place. I'm wondering about the balance between having that very personal part of you put out for everyone to see - how that works to be private and also so public.

Jesse Richards: Oh, I don't know that I'm so public.

LDF: Well, you look public when you're up on stage.

Jesse Richards: Yeah, well, I'm a student of human nature. If I create a work that's very intimate looking, it's possible that it's very intimate to me, but it may also be something I've noted in people at large - I

mean, as a teacher I've had the opportunity to work with hundreds of people and if you work with enough people over time you start seeing commonalities between people. So these issues reflect us both - we're all connected.

An audience member can say, "Wow, Jesse you're really exposing yourself!" But if they turn the mirror on themselves, people might be surprised at what they see. Which is a good thing. For instance there's a piece called *The Fleet*, and in *The Fleet* there are four people in big old oversized men's polyester pants attached all together by an elastic belt. The first person is the persona that's presented to the world. The next person is the persona who spews crass, rude, slanderous outbursts - all the things we're not supposed to let ourselves say. The third person is the pleaser who doesn't want to ruffle any feathers and just wants to be liked. And the person in the back is a total loser. I suppose you could look at that piece and say, "Wow. Is that Jesse up there?" But the feedback I get from people is that they can relate to every single persona up there. That is the complexity of human nature.

LDF: So, how is it to receive criticism of your work? I mean criticism in the sense of people looking at it critically, not necessarily in the sense of, "Ew. This sucks."

Jesse Richards: Well, I can have all sorts of different responses.

LDF: All at once?

Jesse Richards: Yeah. All at once. I think when I was younger I would tend to take things more personally, but now I'm aware that a lot of criticism is filtered through the lens of the critic's own stuff at that moment in his/her life. The criticism can reveal as much about the critic as it does about the show. So it's always my work to discern what of use is the person telling me, and what is the person. I want my work to get better and better and better. So I welcome constructive criticism. I also welcome it when someone comes up and says, "That really bugged me." "Because it got to the person, and that's the goal!"

LDF: A few minutes ago you mentioned teaching and obviously, to me, when people sign up for either your dance classes or your singing classes, what's going on is a lot more than dancing or singing. Can you say



Photo by Linda Lawson

us all about love in the moment. Because the moment's all you've got when your death is looking you in the face. Somehow bringing animals into healing or hospice situations reaches people who might not be as receptive at earlier points in their lives. Maybe the veils to seeing animals for who they truly are become more transparent as we get older.

LDF: I'm curious about how animals perceive death. When Zomba and I are doing pet therapy at hospice, I think it's a little confusing to her that some of the rooms we visited are empty, the people she's gotten to like, we come and they're gone. She looks confused. I don't know what she thinks is going on, but both the caregivers and I have noted that she responds differ-

I think loving animals offers us an opportunity to evolve into more loving, aware, conscious beings.

It seems to me that the school systems (and the government) should be wildly promoting children having loving bonds with animals, because it has been shown that violence between humans frequently begins with violence against animals. The converse is also true; if you promote strong loving bonds toward animals an atmosphere of warmth and acceptance at large will increase.

Ah, but here's another obstacle.... How do you expect people to seriously bond with an animal when the popular norm in our culture is to use animals in any way we see fit to further our own species? How confusing it is to be told in one ear that it's great to bond with animals, and then in the other ear be bombarded by acceptance of animal abuse for medical research, entertainment, food and clothing.... Of course, people are being supported to see animals as objects.

LDF: The fear of being hurt is true too with animals, though. Here I am in love with my puppy Zomba, and her kind only live fourteen years at most! We may fall

ently to the patients depending on how near they are to death. She is more likely to just put her paws on the bed, rest her head on their legs, and just stay there. Otherwise she'd be checking out the room, the smells, waiting for my treats, ready to do tricks.

Jesse Richards: I think animals know all about death. I think they just hold it very differently. And probably every animal holds it differently than every other animal; you can't group them together.

LDF: Is there a container that would describe your spiritual beliefs?

Jesse Richards: You know there isn't. But I can talk about it. I'm of the belief that the Great Spirit will make its face shown in every nook and cranny that you look, and that if you go to a church, chances are, you'll find God. If you go to a homeless shelter, you'll find God. If you go to synagogue or temple or the forest, you'll find God - I'll go anywhere, just about. There are plenty of places where I'm not attracted to go, but other people are, and they find God. My personal relationship with the Great Spirit is that it's

omething about - what's the magic that happens within those classes?

Jesse Richards: I am interested in creating an environment where, like you as a holistic practitioner, the entire human is honored rather than segmented and compartmentalized. I'm aware that movement and sound is profoundly integrated with mental and spiritual health and expression. I don't expect that someone will come in and leave part of themselves by the door. They bring in their whole package: their obstacles to learning, their obstacles to expressing themselves. It is my goal is to create a non-judgmental, fertile place for people to pass through those things.

LDF: So if it isn't violating anyone's confidentiality to say it, are there any examples you can give of how you've seen that unfold?

Jesse Richards: It's easy to speak in a generic sense. In dance class, we integrate a lot of sound — free-form chants, or sounds which accompany the movement. There are lots of people who, at first, are comfortable only letting out a tiny peep of sound. So our next chant may be a fun rousing chorus of "I'll never say more than a peep." We may say it louder and louder, "I'll never say more than a peep! Aha! I'll

of people and just open up right at the diaphragm and let that out. It looks exquisite.

Jesse Richards: That feels like heaven.

LDF: That's what I thought.

Jesse Richards: That's being so on purpose. When I'm in that place, I am so on purpose in my life. So free of obstacles. My mind is generally so quiet and still. I feel like a silo of energy. It's so much fun!



Photo by Freedom McLaughlin



LDF: What do you mean, "A silo of energy"?

Jesse Richards: Well, it's what I mentioned earlier — the spigots.... We are all spigots of the force of the Divine. Silo is another cylindrical image that says the more we get our stuff out of the way, the more the Divine can flow through us. It's a total high feeling the omni-directional river of the Divine passing through you.

LDF: And what do you experience when you see your students get to that point?

Jesse Richards: I'm thrilled. I'm thrilled! But I'm also thrilled as they pass through the many tiered steps that will eventually take them there.

LDF: So how did you learn to do that?

Jesse Richards: I didn't have to in the area of creativity: I didn't grow up with the stoppers that other people seem to have. I grew up with the floodgate open. And it's always been directly linked to my spirituality in which the floodgates have also always been fairly open. They're like two parallel forces in me. In my late twenties, I had some very personal dynamic spiritual experiences that further blew open my awareness that the majority of what we experience as real is illusion. When this happened, part of the grace of the experience was to enable me to go even further into freedom of expression.

LDF: Now, going back to the more practical issues again for a second, are you saying that you grew up in an unconventional family, or that you yourself just remained unconventional through that time? Did you get support as a kid to just pursue creative goals?

Jesse Richards: I'll not say a lot about my family and my personal life growing up, but I will say that my father is a creative genius. When the CAT scan was being developed, he developed *Dynamic Tomography*, which did the same thing. These things just pop out of his mind! He's an inventor, he's always inventing things. He's got patents on all sorts of things. He has helped everybody, actually, in ways they don't know, with reducing X-rays that people get when they go to the dentist. And he built our house from the ground up. He also had this magical relationship with plants, even though he wouldn't say it, he has green hands - not just thumbs - the whole hands are green, and they would respond to him in an amazing way, so I grew up surrounded by flowers and vegetables. So my father showed me a limitless capacity for creativity.

That was beautiful. He still does.

My mother took me to endless dance and singing lessons - from the time I could barely walk. My folks endured the probably torturous endless task of coming to my childhood performances. So yes, there's a lot of training. That's the other half of training: the development that comes with hard-core, sweaty, nuts-and-bolts learning the technique.

LDF: What about any particular influences or early inspirations that we haven't already gone in to?

Jesse Richards: I loved the Beatles, Joni Mitchell, Stravinsky, the sounds in nature, African drums. I had about seven different voice teachers, and enjoyed training with them all. I currently enjoy an occasional lesson with Jane Heirich. She makes more sense than a lot of people I trained with. She really knows what she's talking about. And she's a beautiful person! I also enjoyed studying Afro-American dance with Vera Embre for about seven years at the University of Michigan. She's a huge spirit! I miss her a lot. I also must say I have gotten a tremendous amount of inspiration working with various musicians like bassist Jason Boekeloo, all the members of my former company *Sister Earth* and all the members of my current company, *Hundredth Monkey*. The monkeys: Kelly Kempter, Nikki Pinchot, Alyssa Schreiber and Kathy Tossas continually spur me on to exploring new creative realms.

LDF: How is your work different now than it was ten years ago?

Jesse Richards: That's hard to say, because it's the same thing single-pointed focus. As an artist I have developed. So the work is more professional. And I think the love is stronger.

LDF: When I thought about doing this interview, I was thinking that one of the things that is different about you, from having known you for quite a while, is

Wolves have a spirit that is different than dogs and I feel it's quite unfair to try to contain that wild spirit in the domesticated world.

never say more than a peep! " And add some wonderful dancing. Over a period of weeks a previously quiet person may become one of the most expressive vocal participants in the class!

LDF: And what's the benefit of making those sounds?

Jesse Richards: It's a freedom of expression. Making sound is one of the most loaded areas for most people in this culture. It's controlled to the nth degree. What kind of sound you make: and when you make it is a complete societal control issue. For people who come from extreme control situations, and from abusive situations, it is terrifying to make sound. The personal growth you pass through in order to enable yourself to make sound is a powerful thing. Making sound is our birthright - we've been given voice boxes!

LDF: One of my questions is: the quality of your voice that I like the most is that real, diaphragmatic, resonant, "waaaaugh," kind of - I can't make the sound work on paper in the interview, and I wondered what it feels like to stand up in front of a whole bunch

that you have certain values that you hold, and it has always been my impression that you both hold those more deeply and also manifest them more strongly than most people I know. And I was trying to think of what are those values that I've observed, and a couple of them were loyalty, and also a sense of justice, and also, I couldn't exactly say it, but something about appreciation of beauty, or acknowledgment of beauty. I'm wondering what values you would add to the list,

Interview with Jesse Richards (continued)

and also if you could say something about holding them so strongly, and just being very solid in them? Because I don't think it's that common, unfortunately. And I also think it's a question that we, as a society, need to examine more carefully.

Jesse Richards: Thank you, Linda. That was nice. Well, the old "Do unto others as you would have them do unto you" is pretty basic. I think about congruency - how to hold a value congruent through all places in one's life. The growth opportunity comes with seeing the areas where you're not congruent - the bottom falls out, like, "I believe this is true, but in this area of my life, it doesn't apply - so screw it!" So congruency is a word that helps stabilize everything.

It's a key thing to feel your separateness or individuality, but at the same time feel the unity, the at-one-ness of us all. That's a big aid in treating things as you would want to be treated, because it's really hard to abuse something that you feel is part of your own body. Hopefully.... unless it's eating copious sums of chocolate mousse!

The thing about loyalty - I think that when you love somebody, part of that package is that their shit will come up, little wars between you will happen, conflicts will arise, and the good times will be great, but the barren times will be there, because that's just part of human development. So to have a friend or lover means - where loyalty comes in, is with the awareness that the whole package is what you've bought into. If you really love somebody, there's going to be space for you to war, or to have discord, and still be there for each other. War was the wrong word, but it feels like that when you're in the center of it. And at the end of the day, you'll still be there for each other, somehow. That is important to me.

LDF: Are there other values that you would add to the list as well?

Jesse Richards: I don't know if this would apply, but since I've been married to Joseph, I've realized how humor is such a valuable part of life. I've always been easily drawn into the poignancy of life, but my husband, Joseph, whom I adore, has taught me to value humor as well. Sometimes we're an ongoing *Saturday Night Live* skit - we find humor in all sorts of things. It's respectful - well, sometimes we cross the line, but what boundaries should you have? Between the two of us, we have a blast. It makes life so great. I hope that has become instilled in me as a permanent part of my composition.

LDF: So he helped to bring that out in you.

Jesse Richards: Yeah. I was already making good

stand each other. I can say that he deeply, deeply supports me in every single way. It's amazing how supportive and loving he's been in this relationship. Yet also, sometimes I feel like we're two satellites constellating in different zones, and have to make appointments to sit down and pull each other out of our own orbits so that we can have a unified vacation. That's hard.

LDF: But is that part of what attracted you to him: that sort of creativity that would be, not similar or matched, but that he's also wildly talented, like you are. Did that help?

Jesse Richards: Thank you for saying that. Oh, seeing his instruments and hearing them being played is a beautiful thing. But as a person, he's one of those rare people that when you look in their eyes, they don't have any closed doors. I mean, the deeper you look, the doors keep on opening - an invitation to life. He is filled with invitations to life and creativity. And that's very attractive to me.

LDF: I also think of you as a rather intense person, and we've talked about intense subjects of life and death and the meaning of all of it. Is there

downtime? What do you do for fun? Is there any separation of your so-called "work" and any leisure type of time?

Jesse Richards: Well, quite frankly, I could use some more downtime. Joseph and I have a date every Friday night. That's sacred. We go to the movies or the theater, and that's fun! But going on vacations and doing things that I hear people do, I could use more of, and I'm committed to start!

LDF: I understand, certainly.

Jesse Richards: Yes, you would!

LDF: Being self-employed and working at home — just totally no boundaries. I want to go back to a question I asked before, because I think we didn't get to the second part of it, which is the part about having strongly held values and what's

mean being rigid - rigidity is not a good thing. If you find that a value is not true or functional or good, change it, develop. I'm not congruent down to ground zero. I don't know anybody who is consistently congruent down to ground zero. But the act of *deciding to be congruent down to ground zero* is the training ground for me and my ethics. I'm constantly working towards that.

LDF: As a personal quest or issue, I'm curious about what makes some people care about that.

Jesse Richards: I am too. [Pause]. I don't know. I think it has a lot to do with feeling the oneness again. Is it a Buddhist practice to meditate on the suffering of the world? I think that practice would - and I do that in my own way - bring the concern that you're talking about.

LDF: So you're saying that someone who is willing to be affected by life, to live, would be more likely to also live with greater awareness of the impact that

Photo by Linda Lawson



they're having.

Jesse Richards: Again, I think it's about *love* — The fewer boundaries you have on who or what you'll love in this life the better. I mean, do you love the trees? Yes, I do. Do you love the land that your home is built on? Yes, I do. Do you love the food? Do you love the people in this room? Are you deeply concerned with the well-being of all of the above? That is what I mean.

I also think that at the end of the day - when you die - the only things you take with you are the love that you've given, the love that you've allowed yourself to receive, and an imprint of the love that you've withheld — reflections of the lessons you've learned and those still to come.

LDF: I'm wondering what's in the future? What's coming up?

Jesse Richards: Career-wise?

LDF: Career-wise, personal-wise, tell us all.

Jesse Richards: Well, personal-wise, hopefully more awareness, love, expansion, fun, growing up - got to keep growing up! Career-wise, getting the *Animal Lovers Project*, my last show, to the international scene. That's what all the current work is all about. In August we take the show to Chicago. In September we plan to do a benefit in Los Angeles for Captain Paul Watson — we are waiting to hear if it will be at Woody Harrelson's *O2 Bar*. On September 24 and 25 we'll be performing the show here in town at the Media Center on north campus. And we'll be in Detroit the first two weekends in October.

After A.L.P. has started to fly, there's a couple of new shows I'll begin to write: the *Signs of Magnificent Life on Earth* will be about the amazing and different ways the Great Spirit expresses Himself in the world. Through Dolphins, kind acts, love between people, angelic encounters, hard lessons, you name it! There's so many examples. We are literally

Fear is the most wily opponent to love. The ultimate armor. Fear of looking stupid. Fear of being let down. Fear of being hurt again. Fear of loving someone and not having that love returned. Fear of stepping out of socially acceptable norms..

funny skits on-stage, but he definitely helped me to see the big picture with a more humorous lens.

LDF: So speaking of Joseph, he's creative, talented, and recognized in his field of violin-making, and I'm wondering how it works to have two creative, out-there kind of people in such a close relationship, living in the same house.

Jesse Richards: Evidently, it's worked out very well. [Laughs] We support each other. I think we under-

different about you and other people who don't uphold their values as much.

Jesse Richards: I think I did address it, when I was talking about congruency and I just thought of an example that people laughed at, of a public figure. Because it's joke material. When Jimmy Carter said he lusted in his heart, I think he was talking about congruency. How do you take your highest ideal and carry it all the way down to ground zero. No, I don't



Photo by Joe Vaughan

LDF: Is it fun?

Jesse Richards: It's a blast, but it's hard work. Sometimes we have to do really strenuous vocal passages over and over and over until we get it right. Joe is a real perfectionist and that is partly why he is so greatly applauded as a composer.

LDF: That's very wild.

Jesse Richards: I had never seen *Xena* before I sang on the show. Although I'm not into the violence in the show I am into the strong female role model.

LDF: Coming back to your own projects, for those who aren't familiar with *Animal Lovers' Project*, what is that?

Jesse Richards: It's a musical filled with various songs, dance, drama, and stories about animals and the human lives they touch. It's a big heart-opener. It's a celebration of animals in the natural world — an invitation to love animals! *Animal Lovers' Project* is also a CD of songs from the show and additional songs you won't find there.

LDF: You had some very positive responses to it.

Jesse Richards: There's been a phenomenal response. I've had people coming up to me, weeks after the show was over, weeping about how moved they were. I couldn't believe it — I was so thrilled. It was that kind of feedback that has caused me to think it would be powerful to take internationally. That's why giving people feedback is so important, because I've never seen the show, except on video, and have not felt its impact. I've just felt the impact of performing the show.

LDF: Can you share with us some of the creative

process that went into writing *Animal Lovers' Project*? **Jesse Richards:** Writing it was an all engrossing process that lasted over two years. Many of the pieces were based on

my interviews with people who had outstanding relationships with animals. For example, I met John Stokes after reading an article about him and an eagle he cares for. The eagle, Osceola, lost one of his wings to



go up flying with him. It was the greatest thing he could offer him.

Some of the vignettes were inspired by events in my life or information on animals I ran across. For instance the piece called *Insects* was inspired by a combination of the two. I was listening to National Public Radio when a scientist did a program on talking to insects in your back yard. He said that it was possible to do this and proceeded to prove it by clicking out the mate response call to an insect off in

I think if a project is infused with love, then it will be infused with spiritual energy.

the distance. Every time the insect called out, the scientist responded. Sure enough the insect got closer and closer until he had landed on the scientist's head. After hearing that I thought to myself, "My god, we are missing out on such great opportunities to connect with the non-human life around us!" I put this together with the fact that as a teenager, a friend of mine became depressed and had herself shot dead in the forest. My fantasy became what if she went to the forest to end her life, but the insects heard her call for help and intervened? What if they could have gotten through to her? That's pretty much the plot for *Insects*. And yes, in the show these magical insects prevail!

surrounded by expressions of Divine Love if we have the eyes to see it.

Another show I'd like to write is on prison systems with their abominable practice of discarding, rather than rehabilitating, humans who have made mistakes. That's something I definitely want to work on.

LDF: Do you envision yourself continuing to teach dance and singing?

Jesse Richards: I envision my composing taking more and more a priority. So I'm not sure how long I will continue to teach. Also, my occasional singing on the soundtrack of *Xena: Warrior Princess* over the past year, has certainly expanded my view of what varied opportunities for singing the future may hold.

LDF: *Xena Warrior Princess*?

Jesse Richards: You knew that, right?

LDF: No!

Jesse Richards: Yes I sing on the soundtrack. I'm one of the voices of the Amazons. I've been doing it over the past year. I'm on whenever there are Amazons on the show, which has been about 6 times so far.

LDF: Do you record that from Ann Arbor?

Jesse Richards: No, the soundtrack is made in the Detroit area and the show is filmed in New Zealand and I guess the producers are in L.A.

LDF: So what are some lines you've done?

Jesse Richards: Lines isn't the right word. I sing various things with three other women. We are the Amazons. We sing chants, we make sound effects — one day I was a shrieking spirit in the forest, another time I did wonderful melodious singing and chanting — you never know what Joe LoDuca will ask us to do. He is the composer.

School systems ... should be wildly promoting children having loving bonds with animals, because it has been shown that violence between humans frequently begins with violence against animals. The converse is also true- if you promote strong loving bonds toward animals an atmosphere of warmth and acceptance at large will increase

LDF: How did you get this gig?

Jesse Richards: I'm friends with an associate of his and Joe told him they needed another Amazon who could do wild things with her voice, and my friend said "I've got just the person for you".

a poacher's gun. John became his rehabilitator, caretaker and ultimately, his friend. John, who is also a hand glider, wanted to give Osceola that chance to fly again. So he worked for years to earn the resources and develop a workable system to enable Osceola to

LDF: You've done a lot of different shows. Is this your favorite?

Jesse Richards: Um. [Long pause]. That's to hard answer. I mean, if you have many children, which is your favorite? The greatest reason I want *Animal Lovers' Project* to get to as large an audience as possible is because I think it will have a positive impact on how people treat animals. For instance, one man came up to me after seeing the piece *Elephants Cry Salt Tears* and said he would never support circuses who use captive elephants to come to his home town again. Now that's progress!

LDF: Is there more of you in this show than the others?

Jesse Richards: Not necessarily. The first show, *A Woman's Body*, dealt with spiritual, physical and emotional issues facing women today, so you bet it reflected my own search. The next show, *Human*



Photo by Al Smith

Nature, was a study of human potential and pitfalls. I tell you, first hand experience helped fuel that one! But this one has to do with my love of animals - which is huge. And was fueled by my love of Lusha.

LDF: How has Ann Arbor been supportive of your work?

Jesse Richards: That's a great question because any successful work you see will have its author or creator, but it's the hardworking people outside of the limelight, who actually make the boat float! There are many people who have been supportive.

LDF: Is there a question that you thought might have been a good one that I didn't ask?

Jesse Richards: I'd love to expand on what people can do for animals. Let's brainstorm!... Love your animals. Love all animals. Stop and appreciate animals. When you see a squirrel crawling across the line, stop and appreciate the grace of that being. Birds in flight! Wow! That spider up in the corner is just doing a miraculous job of weaving.... Build your appreciation until it's bubbling out of you!

Remember we are guardians, not owners, of the land — so share the land with the wild ones. Put out bird feeders. Don't use pesticides on your lawn just to keep it green — there are lot's of critters you can't see that you are poisoning. Try to keep your property as part of a green belt that animals can safely pass through.

Care for animals with curiosity. Be curious about who they are. What are their needs? What are your myths about their needs? How can you break

world. Become educated about the abuses they

endure. Stand up for animals. For instance, don't buy products from companies like Procter and Gamble who test on animals. Let these companies know why you don't use their products. Find out about the animal testing going on locally. Call the U of M, Veterans Hospital and Parke Davis labs that test on animals and ask for a list of animals they use and a description of the tests. Let your heart dictate what you do with that information....

Don't be afraid to make someone upset by intervening if you see someone hurting or neglecting an animal. Animals can't speak English, so don't be afraid to use your English capabilities in their behalf. It's very important to do these things. Do you have anything to add, animal lover?

LDF: Well, the main animal I have any relationship with right now is my dog, Zomba. And I'm thinking of the fact that I never knew that dogs communicated as much as they do. She spends her whole time observing me so that she'll know what's happening. And she has her own experience of the world, and she also watches to see how I'm experiencing it. I've

never had that type of attention before, and it's stunning.

I think that the most stunning thing I've learned about dogs is that they have these signals that they give to each other. We pay attention to the dominant, Alpha, "who's boss" signals, but they also have all of these calming signals of getting each other to chill out, and to say, "Don't worry, you don't have to be concerned here," and this knowledge is actually just beginning to spread (through?) (about?) the dog world. The concept that dogs have evolved a process

of communicating calmness to each other completely blows me away. Talk about learning opportunities from animals! That a species would completely devote a great deal of its genetic capability to doing that is awesome! So that's what I think of when you say, "Learn to watch your animal," — that they can open up a whole new world.

Jesse Richards: Yeah. My wish is for people to experience and appreciate the complexity of the animals that surround them - the depths of their souls, and then be able to build little bridges in their minds between the animals they know and the animals that are being used in test labs, or puppy mills, or the circus. To comprehend the depth of pain and suffering that exists currently in the animal world and be somehow empowered to make positive change.

LDF: Which, with dogs, the most obvious thing is, don't buy puppy-mill puppies.

Jesse Richards: Definitely don't support puppy mills. Instead, support your local Humane Society!! By the way, there's a great woman in town by the name of Doris Dixon who is an incredibly dedicated champion for animal rights. She's given her whole life to helping animals. If folks want more ideas about how they can help animals they can check out the great list in the



back of her book, *Memoirs of a Compassionate Terrorist*.

LDF: Anything else?

Jesse Richards: Thank you very much.

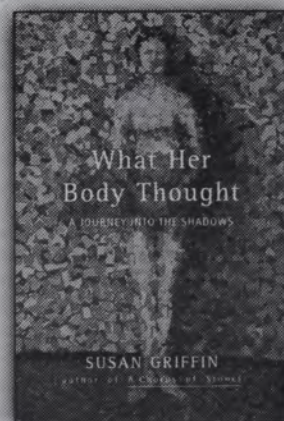
LDF: You're welcome. Thank you!

My personal relationship with the Great Spirit is that it's working at me from all directions all the time. It's omnipresent. I call it all sorts of names. It's the core focus of my life. There are no words for it. It's on my mind all the time and I wish it was even more so.

those myths? Understand that they're always communicating with us, and listen. Listen in ways that you feel are new for you. Continually listen.

Stop eating food products that involve abusing animals. Before you pick up another forkful of beef be sure to read the book *Mad Cowboy*. If you're going to eat eggs - eat free range, because hot house chickens endure a tortured existence. OK, I'll just say it — Go Vegetarian!

Become interested and involved in all the negative things that are happening to animals in the



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A Visit with the Shamans~

Ann Arborite Laurie Lytle makes a trip to the Amazon in Search of Shamanic Healing

'Save the Rainforests'. I had heard the plea, but for whatever reason, it had never squarely hit home for me. It was like a familiar slogan that one hears as part of life but, it was just one of the many. The rainforests weren't in my backyard and I knew other people were working on that cause. Initially, this aspect of the trip to the Amazon jungle and the high mountains to the Andes didn't resonate that strongly with me. What did, however were two different things. One, meeting the amazing shamans that John Perkins has written about in his books and; secondly, seeing if one of them could heal my asthma.

I had grown up with asthma. For the past 10 years it had been chronic and I had been on medication two or three times a day. I had been told by a specialist that it would be this way for the rest of my life. I was unwilling to accept that and had already tried many different alternative modalities that made claims to relieve it.

For many years I had heard about shamans and had an interest in shamanic healing. In the back of my mind, I had always thought that if I ever came down with a life threatening disease, I would get on a plane and go find a shaman to heal me. Somehow, I always had a knowing inside me that I was connected to "them" at a very deep level, and they would be able to heal me. Since I didn't consider my asthma life-threatening at this time, I hadn't gone that route yet.

Then I met John Perkins. I had heard about him from some friends of mine. Whenever we talked about shamanism, they would always say very emphatically, "You really should meet him!" I had already read one of his books, but hadn't really felt much of a connection. Then, one evening last August, my husband and I were strolling through town and stopped to browse at a bookstore. I experienced one of those times when a book literally jumps off the shelf at me and yells out, read me, read me! "Shapeshifting: Shamanic Techniques for Global and Personal Transformation" fell into my hands. When I looked at who the author was . . . John Perkins, I had to laugh. OK, it must be time.

We left a few days later on a car trip to visit my husband's family. I started reading in the car and couldn't put the book down. I underlined, highlighted and folded corners down, till not much of the book was left unmarked. John talked about the shamans he's been working with for over three decades, their great wisdom and their knowledge of healing. He also told stories of shamans shapeshifting into jaguars as they walked off into the forest. How unbelievable! Yet I had heard another shaman woman talk about this at a workshop I had done the past Spring. It was a mindblowing concept when I first heard about it and I just filed it away as that. And now, here again, I was reading about it. Could it really be?!

John had also explained to us about some of the gods and goddesses of the Shuar tradition...Ayumpum, the god sent by Estaa who taught the Shuar how to boil the sacred vine we watched Juanc prepare so those who take it can communicate directly with the plants and animals. He said it opens our hearts, frees our souls and helps us feel our oneness with the rocks, the animals, the plants, and each other.

Well, I was very soon going to find out about that and a lot more. When we got back from our trip to Pennsylvania, the mail carrier delivered a large stack of mail for the time we had been gone. Sitting on top was a flyer. It was announcing a workshop in Michigan in mid September to be given by . . . John Perkins! In my mind the universe was definitely telling me it was time to connect. I immediately signed up.

About 3 weeks later, I drove several hours to the rustic retreat center located on sacred Indian lands in a setting complete with woods, lake, pastures, horses and sweat lodge. I got there early as I wanted to sit on the floor up front near John.

Near the end of the first break, I was heading back toward the lodge. I was cutting across an open field and no one else was around. About midway I looked up and there was John walking across the field also, and we were headed right towards each other. We greeted each other, had a wonderful hug, and started



talking. In this brief conversation, my whole life changed in a flash. I told him of my interest in the shamans, the sacred plants they use in their healings and of wanting to experience their healing powers. Without missing a beat he replied, "Come with me to the Amazon."

My mind did somersaults. Me . . . really . . . as in reality, go to the Amazon. What an idea! It had always been something in the distant future as a thought, not ever close to the real possibility. Now in a brief moment, all that had changed. My automatic reply was, "oh, that's not possible." My mind raced . . . I couldn't afford it, I had never been away from my daughter for more than a rare overnight, what would my husband say?

A few days after that amazing workshop, everything in my life began to rearrange itself. I knew from a place very deep inside me that I wanted to go with every fiber in my being. My husband and I talked. My daughter and I talked and cried together. They said they would support me in going. So, I called to register and got one of the last slots on the sign up sheet.

After weeks of planning and getting ready, the trip finally arrived.

The tropical jungle heat was oppressive. It had been raining lightly all morning as we hiked through the Amazon rainforests just east of the Cutucu mountains. The number of shades and colors of green were countless. The rainforest . . . I had to pinch myself, I was actually here walking through the jungle, the canopy of the rainforest towering way above me. Following a narrow path, I hiked in a state of pure wonder and joy.

We had a choice that day of either hiking to the sacred waterfall of the Shuar, that I had seen spectacular pictures of, or hiking to visit a shaman at his home. I had always planned on taking the somewhat treacherous unmarked hike to the waterfall, but when the choice on this trip was between that and visiting a shaman, I knew I wanted to be with the shaman. He was the shaman I was going to have a healing with that night. I wanted to connect with him and watch him prepare the sacred plants that would be part of the healing ceremony that evening.

As we got out of the canoes we had crossed the river in, John Perkins gave a loud rather shrill call. He told us you never approach a shuar's home without announcing yourself with this call. The shuar have been warriors for the life of their culture. If you do not announce yourself, you are considered as an enemy and treated as such.

Once notorious headhunters, taking heads is now a rarity that happens only infrequently. However, soon after we had arrived we were greeted with the information that barely six weeks ago two heads had been taken. Why I had no fear in me was curious. But I had not one ounce of fear in me on the whole trip. I enjoyed the rib-rattling ride in the bus, from the high Andes down into the depths of the jungle, teetering down a narrow dirt road alongside a steep canyon; landing in our small airplane on a grass runway on a small strip of land carved out of the jungle; paddling in dug-out canoes down rivers raging from more rain than they had had in many years. I felt like I had come home.

A Visit with the Shamans (continued)

When we arrived at the shamans hut, it was only half finished. The thatched roof was on, but the sides had not been finished. It was all open, held up only by the main support poles. Even though it was on land well above the level of the river, it had been flooded just recently. They knew it was a sign not to build there and were going to move it.

Juanc, the shaman we had come to visit, had waited for us to start the leaf and root preparation. He had the traditional Shuar fire going. The ends of three logs touching in a pinwheel formation. As the fire burns, they just keep pushing the logs in. He had a large black kettle and large plastic container filled with water. Some forty year old vines were laid on a large banana leaf on the dirt floor with some smaller, shiny green leaves beside them. He first layered in the leaves in groups of five in a formation along the bottom of the pot. Five was the highest the Shuar traditionally counted. He then took his machete and began to split the vines, layering them also in a pattern on top of the leaves. After adding the water, he began the process of boiling it all day long and tending to it by chanting and "dreaming" into it.

Juanc had been trained as a shaman since he was a child by his father who was a shaman before him. He had started healing when he was 10 years old. Over the years, the power had magnified in him many times over. Juanc very much wanted to train one of his children, but this new generation was becoming resistant to the old ways. They didn't want to go through the long and arduous training process, they didn't like the restrictions around not eating certain foods and sexual abstinence. The ways of the shamans and their culture and traditions were in flux and had been for a while now.

After Juanc had got the plants steeping, his wife took the lid off another blackened pot. She began scooping up the chicha inside it into a hollowed-out gourd that had small holes punctured into it. She shook the liquid and strained it into a larger hollowed out gourd that was the serving bowl.

Chicha is the main staple of their diet. It is made from manioc (yuca) root. They consume vast quantities of it and it is their main source of carbohydrates, calories and starches. It is a very important element of the Shuar diet and part of their rituals. Only women are allowed to make it and only women are allowed to serve it at the welcoming ceremonies when guests arrive at their home. His wife came around and would offer it to us one at a time. The ritual was she would offer it to you, you would receive it with both your hands wrapped around it and you HAD to have a sip, swallow it and hand it back to her. She would then offer it down the line to the next person.

Now the reason why I said you HAD (in capital letters) I repeat HAD to, sip it and swallow it was that it was an extreme insult if you did not. And you did not want to insult them. But it wasn't just the issue of not insulting them that anyone had much of a consideration about. It was the issue of getting used to what it

Then, as the healing progressed, I unexpectedly began talking in tongues. I had never done this before. I could feel the vibrations in my chest and throat and knew it was part of the healing.

was and how it was made. It is a mildly alcoholic beverage that is made by the women chewing the manioc root and then spitting it back out after it had mixed well with their saliva. It is left overnight to ferment. Or for a stronger brew, they would let it sit for several days.

As she approached me, I just kept saying to myself, remember, John said he really likes it. That he now enjoys it and misses it when he is back in the states. He said each woman makes it a little bit differently and takes great pride in it. The taste is always a bit different, but it is always quite good. However, he then would qualify it as 'an acquired taste'!

Well, she was now right in front of me, here goes. It looked and smelled like something I won't compare it to here in words. I downed it, repeating a mantra to myself, "John likes it, John likes it, John likes it." And... it wasn't toooo bad.

Relieved, I took another sip, wanting to show my approval to our hosts. Then I handed it back to her and repeated what John had taught us to say. He had told us how to say, "Thank you, it is very delicious" in Shuar. Whew, I had passed the test!

Late that afternoon, we headed back to our base camp. We had spent the afternoon, talking with Juanc, asking questions, and learning some about his healing



techniques. He told us about the invisible darts, sensacs, he can see in people when he does his healings, and how he either extracts them if they are "bad" or puts in "good" ones as needed. John had also explained to us about some of the gods and goddesses of the Shuar tradition.

Nunkui is the goddess of plants, gardens and food. She also taught the women to make the chicha and inspired them to control their men, preventing needless feuds, overhunting, and the clearing of forests. Tuntiak is the name for the sacred rainbow in the sacred waterfall, where according to Shuar legend, the first man and woman emerged from Tuntiak, at the same time and equal. Estaa is the god of the sun; he once lived on earth with the Shuar and is the subject of many myths and legends; Hempey, the god of balance between the sexes is represented by the hummingbird; Ayumpum, the god sent by Estaa who taught the Shuar how to boil the sacred vine we watched Juanc prepare so those who take it can communicate directly with the plants and animals. He said it opens our hearts, frees our souls and helps us feel our oneness with the rocks, the animals, the plants, and each other.

I could hardly wait for the evening to come. I had been fasting all day as we had been instructed to do if we were going to participate in the healing ceremony and ritual that night. As the group began to gather under the thatched roof in the common area around the fire pit between our sleeping quarters, I could feel the excitement mounting inside me. One by one, we came in front of the shaman, sat down in front of him on a log stool, and he offered us a thimble full of the sacred plant preparation to drink. It takes about an hour for the substance to become active in your system. I sat and enjoyed the crackling fire and the jungle night surrounding me. The river just below, rippling through the darkness of the night of the new moon with a star here and there shining like jewels through the canopy of trees above.

Juanc began doing healings. I must have been the third or fourth one. When it was my turn, I lay down on the bench in front of him and he asked me (translated from Shuar, to Spanish, to English) what I would like to have him work on. I was very clear, it was my asthma that I wanted him to heal.

He began chanting, and lightly hitting me with dried leaf fronds. Every once in a while, he would touch me with his fingers and they would vibrate in a way that I sensed energy patterns were being broken up. Then, he bent his head down and began sucking on the skin on my chest, sucking out the energy that needed to come out to heal my lungs. He repeated this process many times. Each time after doing so, he would turn away and regurgitate out the "bad" energy onto the dirt floor or into a pot - I wasn't really sure and didn't really care by this time. I was feeling the power of this man and knew beyond the shadow of a doubt that he knew exactly what he was doing. As he continued to suck, I could feel energy in my chest flowing toward the vortex of his lips.

Then, as the healing progressed, I unexpectedly began talking in tongues. I had never done this before. I could feel the vibrations in my chest and throat and knew it was part of the healing. On one level, I had absolutely no idea what I was saying as these guttural utterances came flowing out of me. But on another level,

on a feeling level, I felt like this man had been my husband in another lifetime and I was now loudly scolding him for something he had done. I lay there, praying that he would also have no idea what I was saying! My mind raced, here I am in the presence of this amazing shaman who is healing me, and I am scolding him... oh dear god, please forgive me and have it not interfere with my healing! Juanc went on as if it didn't make any difference. Thank goodness.

In the background I could hear John asking Juan Gabrielle, his blood brother, if he knew what language I was speaking. I could tell that neither of them knew either. After a while, John came up to me and knelt down beside me and the shaman. He said a lot of powerful healing had taken place and that I should now just let the energies of pachamama (mother earth, mother universe) flow into me. Instantly the voices stopped coming through me and a profound calmness came over me. Shortly thereafter, the healing was done. Laura who was my buddy for the evening, and Juan Gabrielle walked me to me room. I lay down on the hard cot and fell asleep with images of ancient cities and sparkling lights of blue and green and red beneath me as I flew over them.

When the dawn came, not too many hours later, and quickly as it does on the equator, I awoke rested and full of energy. The first thought I had was, "I wonder if my asthma is healed?" At that point I had no real way of knowing, except to stop my medication and check my lung capacity regularly over the next period of time with my peak flow meter that I had brought with me. Did I dare stop my medicine, way out here in the jungle? Was I being stupid or was I trusting that the shaman had successfully healed me? The only way I was going to really know was if I just stopped using my inhalers. Ok. This is what I had come down here for, I had to give it a chance.

We spent two more days in the jungle and then headed back up to the Andes. The trip continued with each day going by as full and as exciting and as interesting as the preceding one. By the end of the trip I had met and been in the presence of 5 other powerful shamans. Most of them from different cultures and traditions and each using a completely different technique in their healings.

On the last evening, I had announced to the group that I had completely gone off my medications and that the readings on my peak flow meter were even higher than the norm when I was on my medicine. However, on the outside I was still being cautious in my hopes of the healing, but inside, I was leaping for joy.

When, I got back to the states, I could feel my lungs were in a transition state. I no longer had the pure, fully oxygenated air of the rainforest to breathe and was back to breathing the day to day air quality of Ann Arbor. For a while I became unsure and afraid again that maybe I was not being so smart about this. So I called up my family doctor and went in. I wanted her to listen to my chest and test my lung capacity for me. She did and gave me a big smile. She said I was fine and declared me "healed by a shaman"!

After my trip down to Ecuador, I knew I wanted to be able to give back to the shamans... something... I didn't know what quite yet. Two weeks later a letter arrived from John to all of us who had been on the trip. He reminded us to please recall the plea the shamans had made when they invited us: "Bring people who want to learn about dream change and who will go home to shapeshift your communities." John asked us to please return the gifts they gave us by respecting this wish of theirs. He told us we have so many opportunities to do so. "Honor your dreams and take action. Dream Change Coalition was born in order to help you create miracles, to transform yourself and your community."

In the weeks to come I thought about this alot. Then I knew what I wanted to do. I knew that Omega Institute in New York had invited these shamans to come to their retreat center in September. For the first time ever they were bringing these shamans together. Most of them have never met each other, except through psychonavigation. And many of them have never left the Amazon and the Andes. This extraordinary gathering was to honor and celebrate the beginning of the "Fifth Pachacuti". A legend that has been recounted for thousand of years in indigenous cultures. It anticipates the meeting of the Eagle and the Condor; the North and the South; a time of partnership, love and healing and a transition to more sustainable, Earth-honoring ways.

I wanted the shamans to come to Ann Arbor, Michigan also. I thought of the unique blend of people and communities that makes up the rich texture of Ann Arbor. I thought about the University of Michigan being here and the opportunity to plants seeds of change, Earth-honoring dreams with the students who come here from all over the world and will go back out all over the world affecting profound change in the years to come. I wanted to share these shamans with my community. And it is happening, they have accepted my invitation to come here as well as to Omega and several other places during the several weeks that they are here. I warmly invite you to join us and to come have your own experience of these very incredible shamans.

Deep Spring Center for Meditation and Spiritual Inquiry

Fall - Winter Program

Meditation Classes-
all levels beginning September 28,
advance registration required.

Second Monday Open Meditation-
beginning October 11, no preregistration
necessary.

Meditation Days-Sept. 25 & 26. Attend one or two
days. Instruction available for all levels and silent
room for those who need no instruction.

Meditation Retreat- October 22-24.

Weekly Spiritual Inquiry Discussion w/ Aaron-
Wednesdays beginning September 29. First time
attendees please call ahead of time.

Private Meetings with Barbara and Aaron available
by appointment.

See registration information in Crazy Wisdom
Calendar. Or contact Deep Spring at:
(734) 971-3455 info@deepspring.org
3455 Charing Cross Rd. Ann Arbor, MI 48108

WHERE DO WE DISTRIBUTE THE CRAZY WISDOM CALENDAR?

The Crazy Wisdom Calendar is distributed free all over town! If you would like to have 25 to 50 copies of The Calendar dropped off at your office or center, please let us know. Below is a list of places we drop off copies of The Calendar when it's fresh from the printers. Since The Calendar covers a four month period, we also make an effort to replenish the supply at certain of these places, particularly at Whole Foods, the Co-op, the Gypsy Café, Castle Remedies, Café Zola, Kerrytown Market, Nicola's Books and Webster's Books. Copies of the current issue of The Calendar are also always available at Crazy Wisdom Bookstore and Tea Room for the first 2 months covered by each issue. After that, they're gone.

Distribution points:

Whole Foods Market
Castle Remedies
Ann Arbor Institute of Massage Therapy
Complete Chiropractic
Webster's Books
North Campus Commons
Ancient Formula
Bioenergy Medical Center
Kerrytown Market
Drs. McLean & Koliner
Nicola's Books
Peaceful Dragon School
Crazy Cloud Hermitage
The Food Co-op

The Gypsy Café
Sweetwater
Jewel Heart
Café Zola
Crazy Wisdom
Common Language
Shaman Drum
Michigan League
Michigan Union
Middle Earth
The Zen Temple
The Lighthouse Center
Deep Spring Center
Mulberry Farm
The Weber Center

The Crazy Wisdom Calendar

Acupressure, Reflexology & Shiatsu

Reflexology with Gloria Zimet • Six Thursday evenings in October and November, 7:00 - 10:00 p.m. • The objective of this hands-on workshop is to teach the essentials of a thorough reflexology foot massage to folks who plan to use this skill for the benefit of their friends and/or family members. Each week, different hand positions and movements will be demonstrated and afterwards, there will be ample time to practice on one another as well as on volunteers. Class size limited to 8 participants. \$245. Call 973-8290.

Reflexology, Therapeutic Foot Massage with Gloria Zimet • November 16, 12:00-1:00 p.m. • The Complementary and Alternative Medicine Research Center (CAMRC) Brown Bag Education Series offers presentations on a wide variety of topics related to complementary and alternative medicine. Free and open to the public. Call CAMRC at 998-7715 or 1-877-800-9887; camrc@umich.edu.

Self-Acupressure with Wasantha Young of Peaceful Dragon School • Wednesdays, September 15 - November 17, 6:00-7:00 p.m. • There are some easy steps that you can use to help relieve stress-related tension. This class will introduce some to the potent points on the meridians (energy pathways). With the touch of one's own hand, using massage, gentle pressure, and/or focused intent, one can facilitate the release of tension, promoting the circulation of one's Chi (internal energy flow) in that area. Students will focus on the techniques of acupressure as the learn the 12 meridians and their corresponding organs and potent points. \$125. Call 741-0695; www.peacefuldragonschool.com.

Advanced Process Acupressure 1: Progressed Process with Cheryl Stereff • October 21-24, Thursday - Saturday, 9:00 a.m. - 5:00 p.m.; Sunday, 9:00 a.m. - 3:30 p.m. • This four-day course focuses on the tools used to work through psycho-spiritual material that can arise during bodywork. This class is an excellent opportunity for refining hands-on bodywork and process skills, combining acupressure, zero balancing and psychological process work. Please note: Prerequisite: Process Acupressure 1: Essence. \$495. Call the International Alliance of Healthcare Educators, 1-800-311-9204, ext. 9002; Moontao@aol.com.

Shiatsu for Couples with Edward Jackson • Sunday, October 3, 3:30 - 5:30 p.m. • An introduction to finger pressure massage techniques, history, and benefits to health. \$30 per couple. Call the Ann Arbor Y at 663-0536.

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

-Ralph Waldo Emerson

Shiatsu Workshop with Jane Anderson at Ann Arbor Institute of Massage Therapy • Friday, Saturday, and Sunday, November 5-7, 8:30 a.m. - 5:00 p.m. each day • This introductory course of the Japanese healing art (shi - finger, atsu - pressure) is a system for healing and health maintenance. With its beginning in 200 B.C., it is widely practiced today. In class the student will learn basic oriental philosophy, location of meridians, as well as some basic acupressure that can be integrated into other massage work. \$325. Call 677-4430, fax 677-4520.

Animals & Healing

Holistic Healing for Animals, The Animal/Human Energy Bond with Betsy Adams and various practitioners in special areas of energy medicine • Five Sundays: August 8, 22, 29; September 12; and October 24, 1:00 - 5:00 p.m. • Holistic and alternative approaches to the healing of you and your animals, including Reiki, alternative vet care, homeopathy, alternatives to vaccines, natural skin care and diets, animal communication, and much more. \$50. Please call 475-4230 for brochures and further information.

Reiki With Animals with Ray O. Golden of Center for Intuitive Health - New Class • Saturday, September 18, and Wednesday, September 22 or Sunday and Monday, November 21-22 • This class is oriented toward working with animals. The first day is the traditional Reiki One class, which can be waived if you have had Reiki from a traditionally trained Reiki Master. The second day is focused on using Reiki with animals. Note: Only people are to attend the class. \$130 or \$45 without Reiki One. Call 663-6075.



Photo by Linda Lawson

Reflexologist Gloria Zimet

Aromatherapy

Aromatherapy with Duane Karr • Saturday, October 16, 9:00 a.m. - 1:00 p.m. • Learn the secrets behind the healing and relaxing qualities of herbs and flowers, and look forward to keeping calm this fall. \$40 and \$5 materials fee. Contact Maryann Simons at marysim@umich.edu.

Art & Craft

Beginning Jewelry Workshop: Basic Bead Stringing Techniques with Gerry Dimond • Tuesday, October 26, 6:30 - 8:30 p.m. • Learn several basic beading techniques to create your own jewelry and when to use each technique. Students complete two projects and learn bead tips, stringing material, crimping and more. **Beginning Jewelry Workshop: Chain and Wire Necklace with Gerry Dimond** • Tuesday, November 2, 6:30 - 8:30 p.m. • Learn to work with chain and wire to create a necklace. Students complete two projects and learn wrapping, how to make closed loops for clasping and the tools needed to make jewelry. Each workshop \$30 (+ \$14.95 for textbook and materials). Call 647-6838. marysim@umich.edu.

Piece Work - Soul Work with Therese Craig, Ann Hughes, and Carla Pitchford • Friday, September 24, 7:30 p.m. - Sunday, September 26, 1:00 p.m. • By creating a simple quilted wall hanging and by reflecting on the lives of Martha and Mary and their spiritual journeys, explore and deepen your own spirituality. Through periods of fellowship and periods of quiet, through journaling and small group sharing, you will leave with a wall hanging, *The Perfect Tree*, the result of your weekend of piece work and soul work. A materials list will be sent to you. Plan on bringing a portable sewing machine. All quilters of varying levels of skill are welcome to this time of creative and soul-ful expression. Deposit of \$40 due at registration, with the balance of \$85 to be paid upon arrival at Weber Center. Call 517/266-4000 or fax 517/266-4004. Webercentr@aol.com or <http://www.op.org/adrian/weber.htm>.

Basket of Life Retreat with Andre Feulner • Friday, October 22, 7:30 p.m. – Sunday, October 24, 1:00 p.m. • A guided retreat with time for prayer, quiet, reflection, and the opportunity to engage both hands and heart in the art of basketmaking. The weekend allows time to ponder all that is woven into our lives, giving us texture, strength, and beauty. People of all ages are invited to celebrate and nourish their spiritual journey. No previous experience in basketmaking is necessary. Deposit of \$40 due at registration, with the balance of \$100 to be paid upon arrival at Weber Center. Call 517/266-4000 or fax 517/266-4004. Webercenter@aol.com or <http://www.op.org/adrian/weber.htm>.



Photo by Linda Lawson

Chakras Bracelet Workshop & Meditation with Lori Grba • November 13, noon – 3:00 p.m. • Learn to create a bracelet consisting of the seven chakra colors. There will be a selection of beads on hand to choose from as well as different designs as examples of the finished bracelet. After creating this special item, a meditation will be said to give special energy to your (sure to become) favorite bracelet. \$35 includes all materials. Call 207-5310.

Talking Stones: What's Your Jewelry Saying to You? with Sandra J. Xenakis • Saturdays – September 25, October 9 or October 23, 1:00 – 4:00 p.m. • You may have heard of the power of crystals, but did you know that many natural gemstones hold energies that can help you? In this workshop, you'll learn which stones are most beneficial to you, personally, and which ones you might want to avoid. Bring a piece of your stone jewelry and find out what it's saying to you. \$35. Call 475-0193.

Origami with Sandy Toivonen • Mondays, October 7 – November 11, 7:00 – 9:00 p.m. • Impress your friends and yourself with seasonal paper-folding – ORIGAMI. Learn to fold autumn window ornaments, Halloween trimmings, holiday table decorations, original greeting cards, package adornments, and even fancy folds of dollar bills to make for those last minute gifts! \$40 (materials fee TBA). Call 647-6838; marysim@umich.edu.

Rattle Making with Cori Rose Benitez • Friday and Saturday, October 22-23 • Design and construct your own rattle of hide, wood, feather, and beads. Learn songs to rattle to. Create your own personal instrument. For time and cost, call 248/693-1021.

Artist's Way Groups

The Artist's Way with Jill Blixt • Evenings: 13 Tuesday evenings beginning September, 6:30 p.m. – 10:00 p.m., Daytimes: 13 Wednesday mornings beginning September, 9:30 a.m. – 1:00 p.m. • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity and authenticity and transform their lives. It is designed for anyone interested in finding their true voice – that part of themselves they know is buried and years to be set free. This workshop uses writing, painting, collage, music, and image making to explore and reclaim your personal creativity. It is for anyone who wishes to create a hand-crafted life no matter what form it takes. \$30 per week (includes supper and all art supplies). Call Jill Blixt at 665-4577.

Vein of Gold with Jill Blixt • 13 Wednesday evenings beginning September • Take the transformative power of *The Artist's Way* deeper with a process based on Julia Cameron's sequel to *The Artist's Way*, entitled *The Vein of Gold*. Explore your authentic self and your heart's desires through writing, sound, color, painting, collage, treasure mapping, and many other creative alchemy activities. Come mine your own vein of gold. This workshop is for those who have previously worked with *The Artist's Way* and wish to deepen their self-exploration. \$30 per week (includes supper and art supplies). Call Jill Blixt at 665-4577.

Artist's Way Groups with Sue McDonald • 12 weekly sessions beginning the week of September 19. Please call for specific class time offerings. • This group is based on Julia Cameron's best-selling book *The Artist's Way* and is designed to foster the discovery and recovery of creative zest in the arts and in life generally. It is appropriate for practicing professionals, nonprofessionals, and those whose lives are in transition. \$25/session. Scholarships available. Call 747-9191.

Astrology

Astrology, Level I with Susan Austin • Six Saturdays, starting October 2, 11:00 a.m. – 1:00 p.m. • This is a basic astrology class to learn about the planets, signs, houses, and aspects. \$135. Call 453-4219 or Body Works Healing Center at 416-5200.

Beginning Astrology – The Very Basics with B. Rose Fine • Ten Tuesdays, October 12 – December 14, 7:30 – 9:30 p.m. • A novice-friendly course designed to initiate the beginner in the rudiments of western astrology. Charts and computer-generated chart interpretations will be provided, plus lots of great handouts. \$100 per person if registered by October 1; \$125 after that. Call 434-4555.

Meetings of the Astrology Study Group with B. Rose Fine • From 3:00 to 5:00 p.m. on the following Sundays: September 26, October 17, November 14, and December 12 • The Astrology Study Group is an informal and friendly gathering of serious astrology students and professionals who use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology). We are planning to have open forum discussions and will be joined at various times by long-time area professionals such as Richard Smoot, Vivienne, and Deborah Kay. Astrologers of all levels are well. Free. Call 434-4555.

Bodywork & Bodymind Therapies

Introduction to TRAGER® Psychophysical Integration with Eileen Dickinson • September 14, October 19, or November 16, 7:00 – 8:30 p.m. • Experience and learn about this intuitive approach to bodywork, which utilizes movement, touch, and a meditative state. As your body releases tension, it feels lighter, more spacious, and moves with greater ease. TRAGER® is a wonderful process for facilitating profound relaxation and feeling energized. \$15, applicable to a full session. Space is limited. Call 717-4145 or 668-6496.

Free Your Body and Enhance Your Day with Alice Greminger • Thursdays, 7:30 p.m. • Alexander students learn a process of changing how to move, freeing them from tension patterns and regaining freedom of movement, balance, and support we all knew as children. Activities as varied as walking, computer work, performing, and injury recovery and prevention all benefit from Alexander study. Improve coordination while doing activities, freeing emotions and creativity. Free introductory class. Class cost is determined by enrollment. \$50 for five-hour weekend workshop. Call 665-0849.

Introduction to Energy-based Cranial Sacral Therapy with Jan Pemberton • November 12-14, 9:00 a.m. – 5:00 p.m. • This is an excellent class for those who have never explored cranial work and also for those who would like to deepen their awareness of the system. This class will provide a strong foundation from which to perceive. From this found we will explore and appreciate this wonderfully deep and beautifully intelligent system. The emphasis of this class is on perceiving the cranial system. We will explore the anatomy and some cranial concepts, with the major portion of the class being hands-on table work. To ensure individual attention at the table, class size is limited. \$300. Call 973-2013.

"Thank you for the sun, the sky, for all the things that like to fly, the shining rain that turns grass green, the earth we know- the world unseen- for stars and night, and once again the every morning sun. Amen."

-Myra Cohn Livingston

Experiencing Circular Breathing as a Tool for Repatterning Behavior with Linda Sinkule • Four classes offered: Tuesday, September 7; Tuesday, October 19; Thursday, November 4; and Thursday, December 16 – 7:00 – 8:30 p.m. • Using music and personal affirmations, Linda will show how regulated circular breathing and energetics combine to release stress and tension. Eat a light dinner and bring pillow and blanket. \$40. Must know how many are participating, so preregister by three days prior. Call 996-2625. lsinkule@aol.com

Connective Tissue Manipulation to Ease Physical, Emotion, and Mental Stress with Linda Sinkule • Four classes offered: Tuesday, September 21; Tuesday, October 12; Tuesday, November 16; and Tuesday, December 14 – 7:00 – 8:30 p.m. • Linda will explain and demonstrate how the Rolf method of structural integration and breathwork align the body with gravity, making activities of daily living easier to perform. This session will teach you to use your body more effectively. \$5. Must know how many are participating, so preregister by three days prior. Call 996-2625. lsinkule@aol.com

The Crazy Wisdom Calendar

Bodywork and Bodymind Therapies (continued)

Core Strength – Simple Grace with Khita Austin • Presentations on Tuesday, September 14, 6:30 – 8:30 p.m., and on Tuesday, November 9, 6:30 – 8:30 p.m.; ongoing mat classes also offered • The Pilates-based method of exercise creates a deep sense of body awareness through which one can mindfully explore, educate, and effect change in the body both functionally and aesthetically. Once can become strong, supple, and energized without mindless repetitive and potentially injurious movement. Discussion, demonstration, and the opportunity to experience the technique. Free. Call 741-0038.

"The lark's on the wing
The snail's on the thorn:
God's in His Heaven-
All's right with the world!"
- Robert Browning

Rolfing – A Gentle Approach with Leland Austin • Tuesday, October 15, 6:30 – 8:30 p.m. Often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web. Releasing patterns of constriction within the fascia evokes a taller, more graceful body in which inner strength, adaptability, and centeredness replace armoring and tension. A hands-on presentation for interested persons who desire the opportunity to experience a gentler Rolfing touch. Questions and discussion welcome. Free. Call 741-0038.

Alternative Treatments for Repetitive Strain Injuries with Sharon Butler • Friday – Sunday, November 5-7, 9:00 a.m. – 5:00 p.m. • Three-day course for health care practitioners. Increase your practice by learning innovative new techniques to help heal carpal tunnel syndrome, tendonitis, etc. \$325 if registered by October 8; \$350 after that. Call 1-800-909-9795 or 610-889-9683.

Myofascial Therapy/Structural Kinesiology with James Hackett of Ann Arbor Institute of Massage Therapy • Friday – Sunday, September 10-12, 9:00 a.m. – 5:00 p.m. • Principles of structural kinesiology will also be applied to an assessment of structural alignment, analyzing the muscles involved in postural distortion, and applying therapeutic exercise in the form of stretching and strengthening to improve alignment and function. Myofascial therapy is a very effective and important component of soft tissue therapy, especially in working with chronic tightness and myofascial pain. This seminar will focus on the techniques of myofascial therapy and their skillful application to improve structural alignment and integration, lengthen chronically shortened muscles, and reduce trigger points and pain. \$325. Call 677-4430.

Lite Touch® Craniosacral Release Seminar I with Dr. Michael Aaron • Friday – Sunday, September 17-19, 9:30 – 6:30 p.m. • Learn hands-on, complete protocols and techniques to evaluate and correct craniosacral dysfunction and imbalance. Develop and refine your intuitive and light-touch palpation skills to access the subtle restrictions in the craniosacral system. Discover your ability to facilitate dural unwinding. Release trauma, immobility, and imbalance in your own body. \$395 (if balance received 21 days or more before course). Call 650/573-0527 or 888/6-CRANIAL. Cranialdoc@earthlink.net.

Neuromuscular Therapy I with Jocelyn Granger at Ann Arbor Institute of Massage Therapy • Friday – Sunday, December 3-5, 8:30 a.m. – 5:00 p.m. each day • Consists of freeing and relief of chronically tense, contracted, and painful tissues. It is an advanced form of massage therapy that requires a high degree of anatomical precision, specificity, and skilled palpation. Neuromuscular therapy provides more complete and effective relief from chronic pain and tension and an understanding of the principles and philosophy of myofascial dysfunction. \$325. Call 677-4430.

Neuromuscular Therapy II with Jocelyn Granger at Ann Arbor Institute of Massage Therapy • Friday – Sunday, December 17-19, 8:30 a.m. – 5:00 p.m. each day • Continuation of Neuromuscular Therapy I. \$325. Call 677-4430.

Lomi Ke Ala Hoku, Hawai'iian Sacred Temple Bodywork Presentation and Demonstration with Alani Galbraith-Kuzma and Tom Kuzma at Crazy Wisdom Bookstore • Thursday, October 28, 7:00 – 9:00 p.m.; Thursday, November 18, 7:00 – 9:00 p.m. • Alani and Tom will share the story of this unwritten tradition, an ancient Hawai'iian rite of passage, including a brief demonstration of the body/energy work as performed today. Also included will be a demonstration of the flying dance, the energetic and meditative founding of this sacred work. Free. Call 327-9328. Lomisong@conglomerate.com.

Lomi Energy Bodywork • Saturdays, 9:00 a.m. – 6:00 p.m. Call to join ongoing classes • Students receive a thorough introduction to the foundation and philosophy of this heart-centered sacred body/energy work. We encouraged students to attend for four to six class days prior to beginning their own practice. Further classes increase refinement, personally as well as in the work. No experience required – only an open heart. \$111 per class. Call 327-9328. Lomisong@conglomerate.com.

Polarity Therapy – Beginning Class with John Bodary, Karen Kern, and Renee Rutz • Eight Monday evenings starting September 20 • Introduction to theory and hands-on work to assist others to move their energy through blocks that cause mental, emotional, or physical discomfort. \$660. Call 313/582-5034.

Current Research into Applied Kinesiology: A Chiropractic Technique, part of the UM Complementary and Alternative Medicine Research Center Open Research Meeting Series with Linda Sayer • September 3, 4:00 – 6:00 p.m. • The CAMRC Open Research Meetings include a short presentation on a topic related to research into complementary and alternative therapies, time for questions and discussion, and networking opportunities with other individuals interested in CAM research. Bring your ideas for research! Free and open to the public. Call 998-7715 or 1-877-800-9887. Camrc@umich.edu.

Buddhist Teachings & Meditation

Guide to the Bodhisattva's Way of Life at Jewel Heart • Tuesdays, ongoing, 7:30 – 9:00/9:30 p.m. • Gelek Rinpoche continues with teachings as a commentary on this text by 8th century author, Shantideva. A bodhisattva is one who, having identified the relentless unhappiness/suffering we all experience, determines to become enlightened so as to develop and attain enlightenment with the heart, skill and capacity to help all beings to become free of suffering and to achieve happiness. All welcome. Donations accepted. Call 994-3387. Office@jewelheart.org.

Meditation/White Tara Practice at Jewel Heart • Meditation: Sundays, ongoing, 11:00 a.m. – 12:15 p.m.; White Tara: generally first Sunday of the month, 11:00 a.m. – 12:15 p.m. • Concentration meditation, taught according to the Tibetan tradition, is directed at calming and stabilizing the mind with a development of collecting and maintaining focus. With awareness and calm, one can then apply focus accurately when engaging analytical meditation. Beginners and advanced welcome. White Tara practice: Meditation focusing on White Tara, the embodiment of enlightened compassionate activity, will be offered monthly. No experience required. Donations accepted. Call 994-3387. Office@jewelheart.org.

Lam Rim at Jewel Heart • Monthly, Sundays: September 26, October 31, November 21, December 19 – each 1:30 – 3:30 p.m. • Integrating all of Buddha Shakyamuni's teachings into a clear step-by-step path to enlightenment, the Lam (stages of the path) provides information to learn, think, analyze and meditate upon, allowing one to practice these teachings relative to one's own experience, bringing skill and happiness while coping with all one encounters in daily life. All welcome. Donations accepted. Call 994-3387. Office@jewelheart.org.

Tai Chi at Jewel Heart • Sundays, ongoing, 4:30 – 5:30 p.m. • Wu style Tai Chi for health and fun. Beginners welcome. Donation - \$5 suggested. Call 994-3387. Office@jewelheart.org.

Visiting Lama, His Holiness the Ganden Tipa at Jewel Heart • Tuesday-Thursday, September 21-23, 7:30 – 9:00 p.m. • His Holiness the Ganden Tipa, the throne holder of Je Tsong Khapa, will visit Ann Arbor and present teachings for three evenings. More details at a later date. Contact Jewel Heart for brochure/information, 994-3387. Office@jewelheart.org.

Incandescence of Primordial Joy: An Introduction to the Radical Methods of Tantric Buddhism with Lama Traktung Rinpoche and Lama A'zom Rinpoche • September 21, 7:30 – 9:00 p.m. • The ancient Ngakpa path of Vajrayana Buddhism, the path of Tantric yogins and yoginis, teaches a method for transforming every moment of experience, our lives and feelings into a display of wisdom and bliss. This radical path, which does not require renunciation of the world, monasticism, or celibacy, is uniquely suited to our time. In this talk, Lamas A'zom Rinpoche and Traktung Rinpoche introduce the powerful practices of Tantric Buddhism. Suggested donation \$10. Call 663-3842; flamingjewel.org.

Dancing in the Sky of Joy with Cynthia Gormley and Stephanie Piro • November 13, 10:00 a.m. – 4:00 p.m.; one-hour free introductory class, November 5, 7:00 – 8:00 p.m. • Our own lives, our world, our bodies, are open-ended opportunities to soar and cavort in the immense dimension of the Sky of Joy. Kum Nye, a form of bio-energetic physical movement, is used to awaken the body's natural sense of vibrancy and richness. Awareness spells, awareness song and breath work allow us to discover the immediacy of spaciousness as the ground of our lives and deep joy. These methods of Tantric Buddhist practice have the potential to cut through the endless tendencies of suffering and awaken in the sky-like expanse of natural happiness. \$75. Call 996-9114.

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursday evenings, 6:15 – 8:30 p.m., beginning September 9 and October 28 • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Course includes some simple stretching exercises; work with the breath, meditation postures, concentration, and mindfulness practice. \$120/\$100 students. Call 761-6520.

Sunday Services at Zen Buddhist Temple • Every Sunday, 9:30 – 11:00 a.m. or 5:00 – 6:30 p.m. • Morning meditation services consists of two periods of meditation followed by a talk. Afternoon dharma service has one period of sitting meditation followed by walking meditation, chanting, and a talk. By donation. All welcome. Call 761-6520.

One Day Meditation Retreats at Zen Buddhist Temple • Friday 7:00 p.m. – Saturday 5:00 p.m., October 22-23 and November 12-13 • Sitting and walking meditation, simple manual work, vegetarian meals, and rest – a day of silence and mindfulness. \$60. Call 761-6520.

Overnight Introductory Meditation Course at Zen Buddhist Temple • December 3-4, 7:00 p.m. Friday – 4:00 p.m. Saturday • For those who cannot attend the Thursday evening courses, or who prefer the overnight retreat in order to learn meditation, \$160, includes instruction, accommodation, and vegetarian meals. Call 761-6520.

Fall Yongmaeng Chongjin (intensive three-day retreat) at Zen Buddhist Temple - September 30 - October 3 - Yongmaeng Chongjin, which means "fearless practice," is a period in which one can free one's self from all worldly ties and absorb one's self completely in concentration. It is usually reserved for those with previous experience of serious meditation practice. Call 761-6520.

Special Year End Candlelighting Service at Zen Buddhist Temple - December 31, 7:00 - 8:30 p.m. - All are invited to reflect on this year just past and look toward the new millennium during this "kindling light of wisdom mind" service. There will be meditation, chanting, and a talk by Dharma Teacher P'arang Geri Larkin, author of *Stumbling Toward Enlightenment*. In addition, a **New Year's Day Service** will be held from 10:00 to 11:30 a.m. A chance to approach the end of the 20th century and the beginning of the 21st with a spiritual perspective. By donation. Call 761-6520.

Meditation Class with Eleanor Mannikka through Karma Thegsum Choling - Sundays, November 14, 21, 28; 3:00 - 5:00 p.m. - Overview and discussion of the nine stages of meditation. Learn how to meditate and overcome obstacles in your meditation. \$60. Call 761-7495; aaktc@yahoo.com.

Newcomer's Day and Meditation Instruction with Eleanor Mannikka through Karma Thegsum Choling - September 5, October 3, November 7, December 5; 11:30 a.m. - Informal open house of our center and free meditation instruction. Free. Call 761-7495; aaktc@yahoo.com.

Death and Dying with Bardor Tulku Rinpoche at Karma Thegsum Choling - Friday, October 22, 7:30 p.m. - All welcome. \$15. Call 761-7495; aaktc@yahoo.com.

Teaching on Amitabha Buddha, Empowerment, and Meditation with Bardor Tulku Rinpoche at Karma Thegsum Choling - Saturday, October 23, 10:00 a.m. - 12:00 p.m., 1:30 - 3:30 p.m. - Teaching on Amitabha Buddha. \$30. All welcome. - 7:00 p.m., Refuge ceremony; 7:30 p.m. Amitabha empowerment (Refuge required). \$20 suggested donation. **Sunday, October 24, 10:00 a.m.** - Amitabha Meditation. Call 761-7495; aaktc@yahoo.com.

Ceremonies, Celebrations & Rituals

Circle Round: Ritual Making for Women, Men, and Communities with Starhawk - November 12, 7:00 p.m. - Starhawk will be speaking about ritual making and design for communities and solitaires. \$10-25 sliding scale. Call 665-3522 or 434-0599; secker@cyberspace.org.

Circle Round: Ritual Making for Women, Men, and Communities with Starhawk - November 13-14, Saturday 10:00 a.m. - 6:00 p.m. and Sunday 1:00 - 6:00 p.m. - A weekend-long intensive workshop with Starhawk and her partner David. They will work with a limited number of participants on advanced ritual making. Call early for reservations. \$50-150 sliding scale. Call 665-3522 or 434-0599; secker@cyberspace.org.

Sunday Candlelight Ceremony at Lighthouse Center - Weekly, 6:00 - 7:00 p.m. - Candle lighting, Sanskrit chanting, mantra meditation, affirmations. No cost; love offering. Call 734/449-4381.

A Celebration of Women of the 20th Century at Visitation: Center for Prayer and Spirituality - Wednesday, September 8, 6:00 p.m. potluck salad supper; 7:30 p.m. prayer service - This is our fifth celebration of the 1995 Beijing Conference on Women. We will name the women who have contributed in ordinary and extraordinary ways to the struggle for the rights of women throughout the world. Please bring a picture, a story, a person to this gala event. The evening includes a salad potluck, remembering prayer, song and dance as well as a reminder of the continuing challenges for women's right as articulated in the key Beijing document, the Platform for Action. Come and create the event! Free. Call 734/242-5520; visitation@teleweb.net.

"This Mythic Moment" - Stone Circle Stories with Rafe Martin - Friday, September 17, 7:30 p.m. - Suited for 16 years of age and up. Come be enchanted around a fire in the stone circle (inside if weather dictates) by this fabulous, award-winning storyteller and Zen practitioner as we celebrate the last fall equinox of this millennium. \$10-25 sliding scale. Call 248/693-1021; uheac@igc.org.

'Tis a gift to be simple, 'Tis a gift to be free, 'Tis a gift to come down where we ought to be, And when we find ourselves in the place just right, 'Twill be in the valley of love and delight."

-Shaker Hymntune

Healing our Parents and Children: An Autumnal Equinox (Mabon) Ceremony with Mateyo Empie, the Medicine Woman - September 18, 6:15 - 10:00 p.m. - Day and night are of equal length; we are at the gateway of change, at the time when it is easiest to heal links to the past (all our parents, inner and outer) and to the future (all our children, inner and outer). Join us in this energetic and symbolic working to reconnect us with our Deep Selves and release restorative forces, producing immediate and practical changes in our lives. A potluck follows the ritual. \$29 per person, with a \$5 discount for paying by September 4. Call 663-5505; Snakewillo@aol.com.

Fall Equinox with Visitation Staff - Wednesday, September 22, 7:30 p.m. - At this autumn time we celebrate the balance of light and darkness by rejoicing in the fullness of summer and the coming of autumn. Free. Call 734/242-5520; visitation@teleweb.net.

Ann Arbor Moonlodge Monthly Open Sweat Lodge Ceremony with Lynnette Michalik - Saturday, September 25, 7:00 p.m.; Sunday, October 24, 7:00 p.m.; Tuesday, November 23, 7:00 p.m.; Wednesday, December 22, 7:00 p.m. - An open circle of women fathering on the full moon, praying in the sacred sweat lodge. We honor Sister Moon's gifts of receptivity and creativity and share our visions. Recurring themes include elemental alignment and Goddess studies. All welcome. Please call two days in advance. Ceremony is free. Mailing list donation \$5. Call 475-6030.

Precious Abundance Retreat with Judith Bonini and Mary Ann D. Carolin - Friday, October 8, 7:00 p.m. - Saturday, October 9, 5:00 p.m. - In autumn we rejoice in the rich gifts of summer. By gathering our summer harvest we prepare for the challenges of winter. Come and celebrate your precious abundance. Registration by October 1, \$30; balance \$25. Call 734/242-5520; visitation@teleweb.net.

The Fire Ceremony: Birth, Life, Death, Embodiment, Transformation with Phil Rogers - Date and time to be announced - The day will be spent in preparation for this ancient ceremony of cleansing and transformation (to be held in the evening). We will prepare for this giant leap forward using breathing and movement exercises, group processing and chakra reading (done with a partner), before each person prepares an offering for the ceremony. \$50. Call 647-5123; cuzco@umich.edu.

Autumn Wheel of Sanctuary with Robin VanDoren - Friday, October 29, 7:30 p.m. - Sunday, October 31, 1:00 p.m. - The Wheel is returning to Weber Center by popular demand, welcoming those who have come before and those for whom the Wheel is new. The power of the Wheel is such that it is always new, and each of us becomes new with it. The Wheel offers an opportunity to *reSource* ourselves. With the Wheel we experience the symbolic core of our being, and celebrate that with others. And it is always true that the Wheel responds uniquely to each person who comes, so that the directions that it will take cannot be predicted. The theme will be to honor the masks we wear and to create and wear those masks that reflect our current position in the ever-turning Autumn Wheel. Thus, we will honor All Hallows Eve and All Saints Day. Together we enter sacred space and time. Deposit of \$50 due at registration; balance of \$200 to be paid upon arrival at Weber Center. Call 517/266-4000; fax 517/266-4004; Webercentr@aol.com.

Family Halloween Party at Exhibit Museum of Natural History - Saturday, October 30, 6:00 - 8:30 p.m. - Families will enjoy trick-or-treating at educational stations around the museum. Learn about bats, spiders, snakes, skeletons, and other topics while playing games and doing hands-on activities. Come in costume! Adults \$5 (members/nonmembers) and kids \$3 (members) and \$4 (nonmembers). Call 764-0478.

Honoring Our Ancestors and Lost Selves: A Samhain (Hallowe'en) Ceremony with Mateyo Empie, the Medicine Woman - October 30, 6:45 - 10:00 p.m. - Autumn's chill, the melancholy of shortening days, and dying vegetation are a reminder of life's preciousness. Join us in a spirit canoe voyage, fire ceremony, and spiritual charging to heal issues surrounding our relationship to our ancestors and integrate parts of ourselves that may have become separated from us. We will reconnect with our Deep Selves and bring back restorative forces from our journey, producing immediate and practical changes in our lives. Time for divination (both by participants and a professional) will be provided after our usual potluck, as the veil between the worlds is thinnest at this time of year. \$29 per person, with a \$5 discount for paying by October 16. Call 663-5505; Snakewillo@aol.com.

Birthing Our Child of Promise: A Winter Solstice (Yule) Ceremony with Mateyo Empie, the Medicine Woman - December 18, 6:45 - 10:00 p.m. - Having passed through the Gates of the Otherworld at Samhain (Hallowe'en) and returned, we now are like an unborn child, finishing the assimilation of past lessons and looking forward to our mysterious future. Join us in a fire ceremony, psychic energy raising, spiritual gift exchange, and rebirthing each other to the next level of insight, thus reconnecting with the restorative energy of our Deep Selves and producing immediate and practical changes in our lives. A potluck will follow. \$29 per person, with a \$5 discount for paying by December 4. Call 663-5505; Snakewillo@aol.com.

Winter Solstice with Visitation Staff - Wednesday, December 22, 6:00 p.m. potluck supper, 7:30 p.m. prayer service - Come and join in celebrating the shortest day in this hemisphere and the official

coming of winter. With all of the earth we pray on this night that we might recognize the Light in our world. Free. Call 734/242-5520; visitation@teleweb.net.

Channeling

Exploring the 5th Dimension: Using the Soul as a Gateway with John Friedlander - Saturday and Sunday, October 9-10, 10:00 a.m. - 5:00 p.m. - This seminar will be an adventure, exploring at the boundary of human consciousness. Mataji, as channeled by John, sets the direction of this exploration and we will each contribute to its understanding using the necessary energy of the group. This seminar will deal with spirit, a "higher frequency" than soul, and an energy that can be explored in body only with a group of like-minded explorers. Sponsored by Essence Point. \$195 with \$50 deposit by September 20; \$225 after that. Call 913-9830.

Basic Channeling with Shala Kilmer - 8 weeks starting Thursday, September 16, 6:30 - 9:30 p.m. - Channelers allow loving spirits to communicate using the channel's voice and body. With Shala's help, you will be channeling from the first time you try. Class limited to 10 students. \$335. Call 248/258-8287.

The Crazy Wisdom Calendar

Channeling (continued)

Channeling, Level II with Shala Kilmer - 6 weeks starting Thursday, November 11, 6:30 - 9:30 p.m. - You decide what kinds of spirits you want to channel, including your own higher self or God within. This is a delightful class! \$245. Call 248/258-8287.

Finding Your Soul Mate with Shala Kilmer - Saturday, November 13, 10:00 a.m. - 5:00 p.m. - Shala will channel master teachers who can answer your questions. Areas include relationships, money, health, career, and life purpose. Class size limited to 12 people; noon meal and snacks provided. \$140. Call 248/258-8287.

A Meeting with the Masters with Shala Kilmer - Saturday, October 16, 10:00 a.m. - 4:00 p.m. - Shala will channel master teachers who can answer your questions. Areas include relationships, money, health, career, and life purpose. Class size limited to 12 people; noon meal and snacks provided. \$120. Call 248/258-8287.

"To see a World in a Grain of Sand
And a Heaven in a Wild Flower,
Hold Infinity in the palm of your hand
And Eternity in an hour."

-William Blake

Angel Message Circle with Shala Kilmer - Saturday, December 4, 7:00 - 9:00 p.m. - Angels will bring messages just for you through Shala Kilmer and any others in the circle who receive messages. This will be a joy-filled, loving, and enlightening experience. \$20. Call 248/258-8287.

Crystal Clear Expressions Channeling Evening with Nanci Rose Gerler - Monday, September 13; Monday, October 4; Monday, November 1; Monday, December 6 - Masters, guides, angels, and others in spirit are channeled with empowering messages of spiritual guidance and love. Space is limited; reservations required. \$10. Call 996-8799.

Open House Channeling Sessions with Aaron with Barbara Brodsky at Deep Spring Center - Most Wednesday evenings beginning September 29, unless Barbara is out of town. If you are new to our meetings, please call ahead, preferably several days in advance, to confirm that we'll meet that week - Aaron is a "Being of Light," a deeply loving and wise spirit who teaches with humor and compassion. He is channeled throughout the world by Barbara Brodsky, whose home is in Ann Arbor. At each weekly session, Aaron will give a talk and there will be a time for questions and answers and also a social period. No advance registration required. Donations are accepted. Call 971-3455.

Angels in Earthsuits, A One-day Channeled Workshop with Barbara Brodsky at Deep Spring Center - A Saturday in September or October, date not yet finalized, 9:00 a.m. - 4:30 p.m. - A one-day, Saturday workshop with Aaron and Barbara Brodsky which will address the dilemma we all face. We are literally angels, in Aaron's perception, yet we dwell in these "earthsuits." How do we live our lives with increasing wisdom and love, denying neither the angel nor the human? The day will be a combination of talks from Aaron, discussion, and some meditation. Lunch will be potluck. Send payment to Barbara Brodsky at 3455 Charing Cross Road, Ann Arbor, MI 48108; enrollment limited to 12. \$80; no one will be excluded for financial reasons. Call 971-3455 or e-mail information@deepspring.org for full flyer.

Spirit Talks: Channeled Messages From Our Guides in Spirit with Jewel Shelden - September 10, October 15, December 10 - 7:15 - 9:30 p.m.; November 13, 2:00 - 4:30 p.m. - Channeling by Jewel and Micky. You may ask questions of the guides as well as relatives that have passed into spirit. Similar to an old-fashioned spirit message circle. \$15. Call 998-0604; jesheldon@hotmail.com.

Channeling Classes with Aya - Three Saturdays: October 2, 9 and 16; 10:00 a.m. - 1:00 p.m. - **Introduction to Channeling - Part 1:** Techniques for developing connections to higher guidance for self-development, knowledge and healing. This class establishes the groundwork and basic tools necessary prior to learning channeling techniques (covered in Parts 2 and 3). This course is for the serious student of metaphysics. Texts required, which need not be read prior to class. Call for list - **Intermediate Channeling - Part 2:** This course covers various techniques for developing channeling skills and provides opportunities for guided practice. Degrees of advancement will vary across students, so that methods that can be utilized beyond the class will be covered. Texts required - **Advanced Channeling - Part 3** Students will share their experiences with utilizing the channeling techniques and receive additional opportunities for guided practice. Individualized suggestions for continued development will be provided. At the end of the above sessions, a support group will be formed for the participating students to practice in a safe environment. \$150. Call 734/207-5310.

Chronic Illness/Chronic Pain

Living with Less Chronic Pain with Kathy and Mark Blough - Wednesday afternoons, 1:00 - 3:00 p.m. (September 29 or when the group is full) - This group is for individuals who suffer from chronic pain and wish to learn effective, holistic, and new approaches to lessen pain and increase emotional and physical well-being. \$45 per group. Call 327-2040 or 930-0864.

Counseling Group for Women with Chronic Illness and Pain with Erica Dutton - Weekly, Tuesdays 4:30 - 6:00 p.m. - This weekly group is open to women with any kind of chronic illness or pain. Chronic illness and pain can be an isolating and life-changing event. It can also be a time to reevaluate your life and create a new one. The group focuses on coping effectively with the present realities and picking up the pieces, moving forwards and creating a new satisfying life for the future. Come and share experiences and learn from other women. \$35 per session. Call 677-3056; eldutton@aol.com.

Support Group for Family and Friends of People with Chronic Illness with Erica Dutton - Three-hour support group divided between two weeks, offered monthly in fall and winter. When a loved one becomes ill, family and friends have extra responsibilities and concerns. They face many emotional reactions and often feel alone. Meet with other people to share experiences and learn new ways of coping. \$45 for both sessions. Call 677-3056; eldutton@aol.com.

Complementary & Alternative Medicine

"Complementary Therapies in Clinical Practice: An Evidence-based Approach," a Continuing Medical Education Course sponsored by the University of Michigan Complementary and Alternative Medicine Research Center - October 8-9 - Many people are using or are interested in exploring complementary medicine; however, few health care professionals having training in these modalities. This one and one-half day Continuing Medical Education course will introduce the topic of complementary medicine and will present clinically oriented, evidence-based discussions on popular practices. Presentations include:

1) Sara Warber, M.D., on Evaluating Evidence; 2) Steven Bolling, M.D., Research Update; 3) Allison Lee, M.D., on Traditional Chinese Medicine; 4) Ricardo Bartelme, M.D., on Anthroposophic Medicine; 5) Barry Ryder, NCTMB, and Deborah Salerno, Ph.D., on Integrating Massage into the Medical Model; 6) Applications of Clinical Hypnosis in Medical Settings with Carolyn Daitch, Ph.D.; 7) Feeding Body and Soul: Nutrition Therapy for Patients with Cardiovascular Disease, Martha DeRoeck, RD, and Kathy Rhodes, Ph.D., RD; 8) Anju Sikand, D.O., on Pediatric Complementary Medicine; 9) Combining Complementary and Conventional Medicine: Lessons Learned with Jonas Linkner, M.D.; Mark Leventer, M.D.; and Patricia Kelly, M.D.; 10) Mindfulness Meditation: Approach to Chronic Illness with Glenn Burdick, MA, LLP, CSW; 11) Robert C. Rose, DC, on Chiropractic Medicine, Fact or Fiction?; 12) Suzie Zick, ND; Linda Diane Feldt, Herbalist; and Leslie Shimp, Pharm.D.; on Popular Herbs: Issues and Evidence; 13) Spirituality and Medicine with Lewis Mehl-Medrona, M.D., and David Sargent-Schriber; 14) How Can We Know a Remedy Worked? Evaluating Homeopathic Evidence with Marsha Traxler, RN, WNP. Keynote speakers: Lewis Mehl-Medrona, M.D., author of *Coyote Medicine*, and David Sargent-Schriber of Pittsburgh Medical Center, Center for CAM, "The Healing Relationship: Ancient Traditions and Modern Medicine." Free. Call the UM Office of Continuing Medical Education at 763-1400 or 800/800-0666; OCME@umich.edu.

"The Mind/Body Connection: An Exploration of Indigenous Andean Healing Traditions," part of the UM Complementary and Alternative Medicine Research Center Brown Bag Luncheon Education Series with John Perkins, Bernardo Peixoto, Daniel Guachapa, Don Esteban Tamayo, and Maria Juana - September 14, 3:00 - 4:30 p.m. - An exploration of healing traditions and techniques of many cultures. The CAMRC Brown Bag Education Series offers presentations on a wide variety of topics related to complementary and alternative medicine. Free and open to the public. Call 998-7715 or 1-877-800-9887; camrc@umich.edu.

People's Food Coop Naturopathic Lecture Series with Michele Loewe - "Freedom from Worry - Coping with Anxiety," September 16, 7:00 - 8:00 p.m. - Dr. Loewe will discuss a naturopathic approach to treating anxiety, including the use of nutrients, herbs, homeopathy, and hydrotherapy. "Aging with Grace - Naturopathic Medicine for 50+," October 21, 7:00 - 8:00 p.m. - Dr. Loewe will discuss how a positive attitude, healthy lifestyle and diet, and supplementary measures, including herbs, vitamins, and hormones, can perhaps slow the aging process and extend life. "Depression and Seasonal Affective Disorder," November 18, 7:00 - 8:00 p.m. - Dr. Loewe will discuss depression and seasonal affective disorder and the naturopathic methods to alleviating these symptoms, including diet and nutrition, botanical medicine, homeopathy, and physical medicine. All lectures are free. Call 769-0095.

University of Michigan Complementary and Alternative Medicine Research Center (UM-CAMRC) Open House - September 17, 4:00 - 7:00 p.m., at 715 E. Huron St., Suite 1W, Ann Arbor - Come to the UM-CAMRC Open House to meet our staff and researchers and to learn more about CAMRC research projects, opportunities, and programs. We welcome volunteers, researchers, alternative practitioners and patients, and all of the healthcare community to come find out more about the Center. Free and open to the public. Call 998-7715 or 1-877-800-9887.

Medicaid Reimbursement for Alternative Therapies," part of the UM Complementary and Alternative Medicine Research Center Open Research Meeting Series with Terrence E. Meyer • **October 1, 4:00 – 6:00 p.m.** • The CAMRC Open Research Meetings include a short presentation on a topic related to research into complementary and alternative therapies, time for questions and discussion, and networking opportunities with other individuals interested in CAM research. Free and open to the public. Call 998-7715 or 1-877-800-9887; umrc@umich.edu.

Qualitative Research Methods and Bio-Energy Healing," part of the UM Complementary and Alternative Medicine Research Center Open Research Meeting Series with Sara Warber • **December 3, 4:00 – 6:00 p.m.** • The CAMRC Open Research Meetings include a short presentation on a topic related to research into complementary and alternative therapies, time for questions and discussion, and networking opportunities with other individuals interested in CAM research. Free and open to the public. Call 998-7715 or 1-877-800-9887; amrc@umich.edu.

Crystals, Gems & Minerals as Healing Tools with Pamela Zuch • **Tuesday, September 14, 7:00 p.m.** • Introduction to stones and crystals as healing tools for one's self, others, and our world. \$25. Call 416-5200.

Death & Dying/Grief & Grieving

Good Mourning: A Grief Counseling Workshop with James E. Miller • **Friday, November 5, 9:00 a.m. – 3:30 p.m.** • People grieve when someone they love dies, but they also mourn many other kinds of loss: separations and divorce, illness and debilitation, and loss of job, home and financial security. Thus, grief may be a significant factor in many people's lives. How does a professional recognize grief? How does one best relate to grieving people? How does one best relate spiritually? These and other questions will be answered in an interactive format. \$25 deposit at registration, with \$40 balance to be paid upon arrival at Weber Center. Call 517/266-4000; fax 517/266-4004; Webercentr@aol.com.

Give Sorrow Words: A Workshop for Those Healing From Loss with James E. Miller • **Friday, November 5, 7:30 p.m. – Saturday, November 6, 4:30 p.m.** • This workshop is designed especially for those who have experienced the death of someone close – a mate or spouse, a child or parent, a good friend or close relative. Yet others may also find meaning in the day: those who have experienced the loss of a relationship, a job, their health, or some other radical and unwanted change in life. Participants can expect to learn and grow, to feel nourished and supported. This workshop will include talks, A/V presentations, large and small group interaction, and personal reflection. \$30 deposit at registration, with \$70 balance to be paid upon arrival at Weber Center. Call 517/266-4000; fax 517/266-4004; Webercentr@aol.com.

Differently Abled

Sign Language • **Date and time TBA** • Signing is the third most spoken language and opens up communication between hearing and non-hearing people. An instructor from the University of Michigan's Office for Students with Disabilities will teach you the principles of this language and show you how to be comfortable with basic sign language. Learn how to invite someone for a cup of coffee! \$40. Call 647-6838; marysim@umich.edu.

Dreams

Dream Interpretation with Rebecca Mullen • **Mondays, October 4 – November 8, 6:30 – 8:30 p.m.** • Dreams come to us for the purpose of healing. The process of exploring dreams usually awakens a personal dialogue with the self and leads to discovery. Students will be encouraged to share their dreams, investigate their symbolic meaning, both personal and collective. Instructor's orientation is Jungian and transpersonal. \$40. Call 647-6838; marysim@umich.edu.

What are Your Dreams Telling You? with Antoinette Thoin • **Saturday, October 23, 10:00 a.m. – 1:00 p.m.** • What are your dreams and nightmares telling you? Learn creative body, mind, spirit self-interpretation techniques. Practice time included! \$10. Call 327-2800.

Creative Dream Interpretation with Antoinette Thoin • **Thursday, September 2, 7:30 – 8:30 p.m.** • Explore creative dream interpretation. Create a happier you. Learn simple body, mind, spirit dream techniques. \$10. Call 327-2800.

Dreams: Their Healing Power and Spiritual Dimension with Rebecca Mullen • **Mondays, 7:30 – 10:00 p.m.** • Dreams reveal unknown aspects of our psyche and often unknown parts of ourselves. They expand our conscious awareness. People are encouraged to bring in their dreams as personal and universal messages. \$5 per session. Call 662-5925.

Leila Circle with Suzanne Eastman • **September 10, October 1, November 5, and December 7; 7:30 – 11:00 p.m.** • Discover the wisdom of your dreams. We will be working on finding personal dream symbols and themes in a group setting. Reenact your puzzling dreams through psychodrama or reenter them through Shamanic trance. \$25. Call 973-0299; suzanne@home.MSEN.com.

Drumming

Open Community Drum Circles facilitated by Lori Fithian • **Dates and times TBA** • These will be open to the whole family. Come and make some music with your friends and neighbors. No experience necessary. Bring home-made instruments if you don't have a drum. Some drums will be available. Donations welcome. Call 426-7818 or e-mail L.fith@yahoo.com to be added to the mailing list.

Drum & Rhythm Class for Womyn with Lori Fithian • **Monday nights, 7:30 – 9:30 p.m. (drop in), ongoing** • Learn to play hand drums and all types of percussion, focusing on "Rhythm Consciousness" – simple ways of learning to be rhythmic in all parts of your body, so you can then dance with your hands on a drum. \$10/class or four in advance for \$32 (need not be consecutive). Call 426-7818; L.fith@yahoo.com.

Women's Drumming Circle • **Fridays: October 1, November 5, December 3** • All are welcome! Join us in sharing drum and voice in the spirit of sisterhood. \$3 donation. Call 783-3830; mulberryfarms@cdlcorp.com.

"The best and most heartfelt things in the world cannot be seen or even touched. They must be felt with the heart."

-Helen Keller

Conferences, Fairs & Festivals

Dimensions in Light Festival sponsored by Lighthouse Center at Washtenaw Community College • **Sunday, November 7, 11:00 a.m. – 7:00 p.m.** • Second largest metaphysical festival in Michigan, with vendors, readers, bodyworkers, ear coning, aura photography, health products, and free lectures. \$5 admission. Call Nirmala at 663-2218.

Creativity

The Art of Journal Writing with Phyllis Perry • **One hour weekly for 8 weeks** • Learn an easy approach to Journal Writing. Gain creativity and perspective, set goals, achieve true self awareness and understanding. \$25/session. Call 973-0003. pperry28@hotmail.com

The Art of Fiction with Susan E. Weiss • **Nine Wednesdays, September 15 – November 10, 6:00 – 8:00 p.m.** • In this small, supportive group (limit 10), you will learn how to transform your "good" fiction into fiction of power and lyrical beauty. We will explore through reading, in-class exercises, and your own writing, fictional elements such as voice, imagery, internal thought and dialogue, dreams, speculation, and revelation. These elements will expand your fiction and help you to achieve full creative expression. \$400. Limited to 10 students. Call 663-2670.

An Evening with Maya Angelou at the Church of Today • **Friday, November 5, 7:00 p.m.** • Maya Angelou is a nationally known poet. She is the author of *I Know Why the Caged Bird Sings* and *Brave and Startling Truth*. \$45. Call 810-758-3050.

I am a Poet? With Antoinette Thoin • **Thursday, November 4, 7:30 – 8:30 p.m.** • Are you a poet and don't know it? Learn techniques for poetic self-expression. Practice writing one! \$10. Call 327-2800.

Surfacing: A Sacred Gathering of Writers at Weber Center with Elizabeth Hawkins • **Friday, October 8, 7:30 p.m. – Sunday, October 10, 1:00 p.m.** • Elizabeth Hawkins returns to Weber Center with Journey Writing, which encourages an intuitive investigation into the personal experience of spirituality via written and oral expression. This powerful writing series leads you to the edge of your most sacred dreams and helps you to dive in. As you open yourself to the writing process, your unique creative voice reveals itself. Whatever is your experience of writing or dreaming to write, that is the gift you offer the group. Come, write with us! \$40 deposit at registration, with \$85 balance to be paid upon arrival at Weber Center. Call 517/266-4000; fax 517/266-4004; Webercentr@aol.com.

Crystal Energies

Crystal Energies #1: A Transformative Weekend Workshop with Mateo Empie, The Medicine Woman • **September 17-19 or November 19-21; Friday evening, Saturday all day (not evening), Sunday until 2:00 p.m.** • Make friends with the most ancient beings on Mother Earth, the stone people, and use their power to tune, amplify, and direct healing energies. Emphasis is on developing healing intuition in a fun, supportive environment while increasing psychic sensitivity. Learn choosing, clearing, and programming crystals; diagnosis of aura structures; and much more. Advanced levels of study are available. The class fee includes a tuned set of healing stones. \$225, with \$25 discount for paying by September 3 (for Sept. workshop), or by November 5 (for November workshop). Call 663-5505; Snakewillo@aol.com.



Opening ritual of chanting and stretching.

Children's Spirituality Classes

The Lighthouse Center, in Whitmore Lake, offers classes in spiritual development, meditation, Reiki and related topics. They also offer programs for children. Photographer Linda Lawson paid a visit...



Teens discussing Deepak Chopra

Photography by
Linda Lawson



Preschoolers listening to a story about
garbage and recycling



Teens Meditating



Preteens writing letters to people or animals that have died to help with the grief process.



Preschoolers collecting trash with the garbage monsters



Preschoolers making garbage monsters



All the kids in front of the Lighthouse Center



Ending ritual wishing people angel cards and picking angel cards for themselves

The Crazy Wisdom Calendar

Drumming (continued)

Beginning Afro-Cuban Hand Drumming with Chris Gates - New classes begin monthly starting September 6, October 4, and November 1, 7:00 - 8:15 p.m. - A month-long introduction to basic hand drumming techniques and traditional Afro-Cuban rhythms. Class meets once a week to learn and plan rhythms on congas, djembes, and other supporting percussion. No experience necessary. Drums are provided. \$32. Call 327-1892.

Energy Healing/Esoteric Anatomy

Spiritual Anatomy with Elizabeth Alberda and Linda Sayer - Eight sessions: September - December, 10:00 a.m. - 5:00 p.m.; **Introductory Lectures August 20 and September 10, 7:00 - 9:00 p.m.** - A series of workshops designed to help heal through an intertwining of the physical and spiritual realms. As a group of women, we will use a variety of tools, techniques, and rituals designed to create a relationship between our earth body and spirit body. Intro session \$20, regular sessions \$150. Call 677-1900.

Vibrational Energy: The New Magic of the Coming Age with Sandiipa - Saturday, October 2, 2:00 - 5:00 p.m. - As we come to the end of the century and begin a new millennium, new tools for self-development, expansion, and healing are provided for any that wish to develop and express their spiritual and magical selves. Vibrational energy encompasses knowledge from a number of traditions, such as crystal healing, herbs, aroma/oils, numbers, astrology, color, and sound, which are brought together in a dynamic way for the modern shaman. This class provides an excellent overview and is recommended for the beginning student of metaphysics and for advanced students new to the field of vibrational energy. \$65. Call 207-5310.

When Your Soul Speaks: The Spiritual Cause of Physical Illness with Mary Loomis - Lecture - Friday, October 15, 7:00 - 9:00 p.m.; **Workshop - Saturday, October 16, 10:00 a.m. - 2:00 p.m.** - The spiritual cause of a physical illness will be explored from the vantage point of the Twisted Hairs, a group of Native American elders who view all of life, including physical disorders, as symbolic. The teachings will include the Wheel of Life, which is also called by the poetic name of the Star Maiden Circle and the Physiology/Anatomy Wheel. Lecture \$15; workshop \$60; both lecture and workshop \$65. Call 313/881-7970.

Anatomy and Physiology with Beth Wiggert - Wednesdays, December 1 - 21, 6:00 - 8:00 p.m. - Anatomy and physiology is so fascinating - because of the intricacies and interrelationships of all the muscles and organs. Using the visual tool of the *Anatomy Coloring Book*, student will playfully learn the body systems, functions, and regions in a comprehensive manner. \$75. Call 741-0695; www.peacefuldragonschool.com.

The Seven Major Chakras and Beyond with Ema Stefanova - Sunday, September 26, 10:00 a.m. - 12:30 p.m.; Saturday, October 9, 4:15 - 6:45 p.m. - The yoga psychic physiology will be explained: the major energy channels and the major energy centers or chakras. Guided meditation and relaxation in chakra purification and awakening will be practiced. \$60. Call 665-7801; EmaStefanova@CompuServe.com.

Feng Shui

Feng Shui with Joy Naylor - Session I: **Laying the Groundwork, Monday, October 11, 7:00 - 9:00 p.m.** - Learn the principles of Feng Shui and the concepts of Chi (energy). Session II: **A Look at Your Home and Life From a New Perspective, Monday, October 18, 7:00 - 9:00 p.m.** - Life priorities - a personal exercise. House plan assessment. Session III: **Creating Balance, Monday, October 25, 7:00 - 9:00 p.m.** - Conditions in our physical space mirror conditions in our lives. Clutter - a major problem! Each session \$40. Call 416-5200.

Feng Shui Design Workshop with Laurel Emrys - Free introduction Friday, October 15, 7:00 - 8:30 p.m.; workshop Saturday, October 16, 10:00 a.m. - 6:00 p.m.; individual sessions available on Sunday, October 17 - Awaken your natural awareness, discover how to create a truly supportive, stimulating, and life-affirming quality in your home and office environment. Learn how to enhance your daily experience of health, wealth, joy, and love...through the time-honored wisdom of Feng Shui. \$115. Call 327-1917.

Feng Shui Basics with Lynn Meadows - Wednesday, October 27, 7:00 - 9:00 p.m., or Saturday, October 30, 10:00 a.m. - noon - Create harmony in your space to promote harmony in your life through this ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles (Yin, Yang, Chi, and Tao). Based on self-identified goals, each participant will also receive three Feng Shui adjustments to implement in their home or office. \$30; multiple class discounts available. Call 662-3446.

Feng Shui Intensive with Lynn Meadows - Saturday, October 30, 1:00 - 5:00 p.m. - Having some knowledge of the basics of the ancient art of Feng Shui (pronounced "fung shway"), explore some of the finer points to promote harmony in your life through the creation of harmony in your environment. Learn how to balance the elements in your surroundings and to activate energies that can change the quality of your life. Each participant will receive an analysis of a room of their choice with Feng Shui recommendations to implement in that space. \$60; multiple class discounts available. Call 662-3446.

Photo by Linda Lawson



Brenda Morgan describes herself as "a metaphysical healer, and a spiritual catalyst and mentor".

The Feng Shui of Fabrics for Interiors and Fashion with Lynn Meadows - Wednesday, November 10, 7:00 - 9:00 p.m. - Discover how the ancient art of Feng Shui (pronounced "fung shway") can aid you in the selection of fabrics to enhance your environment and support your apparel choices. Feng Shui looks at the five element and yin/yang qualities of an existing situation and makes adjustments to create a balance than can achieve harmony (Tao). Fabrics are an easy way to alter an unbalanced (uncomfortable) environment or create an ensemble that is appropriate for your unique character and personality for specific occasions or purposes. \$30; multiple class discounts available. Call 662-3446.

Feng Shui Basics, Part II with Wendy Warrick - September 14, 7:00 - 9:00 p.m. - As a continuation of Part I we'll expand upon our discussion of 'chi' by learning to use the mystical symbol, the Ba-Gua, to diagnose and resolve chi imbalances using the cures discussed in Part I. Bring a photo of a room and its floor plan to class for analysis. \$30. Call 975-4431.

Introduction to Feng Shui with Wendy Warrick - October 12, 7:00 - 8:00 p.m. - What is Feng Shui? What can it do for you and your environment? Learn what it's all about - how this ancient art can facilitate an environment that is clear, balanced, and supportive. Free. Call 975-4431.

Cultivating & Enriching Your Personal Chi and Body Image Through the Feng Shui of Clothing with Wendy Warrick - October 26, 7:00 - 9:00 p.m. - What clothes or clothing styles best activate your personal chi or life energy? How can you use color in your wardrobe to raise the chi in your daily life? Using the five elements theory and my intuitive abilities with color and style, we'll come up with a personal style for each participant. \$30. Call 975-4431.

Geopathic Zones & Electromagnetic Fields with Wendy Warrick - November 9, 7:00 - 8:00 p.m. - This class will cover the effects of electromagnetic fields on the feng shui of our homes and workplaces, and ways to neutralize their effects. We'll also discuss implications and effects of the geopathic zones/energetic veins of 'chi' running through the earth. \$30. Call 975-4431.

eng Shui & Architectural Styles with Wendy Warrick - December 7, 7:00 - 9:00 p.m. - This final class in the series we'll cover the variables related to the building of a structure: the impact of various architectural elements and styles; how to create a harmonious exterior structure using the five elements theory; site selection; and the impact of the natural elements. \$30. Call 975-4431.

Health and Beauty

Facing the Options with Nina Howard - September 9, 7:30 p.m., and October 14, 7:30 p.m. A lecture on holistic and medically based anti-aging skin care options including Belavi facelift Massage, Live Enzyme Facials, and non-invasive Microdermabrasion peels. Free drawing for a Microdermabrasion. Free. Call 747-8517. www.bellanina.com

Herbs, Plants & the Garden

"The Use of Herbs by Midwives in Michigan," part of the UM Complementary and Alternative Medicine Research Center Open Research Meeting Series with Lisa Kane Lowe - November 5, 4:00 - 6:00 p.m. - This presentation will be based on an interdisciplinary research project between the School of Nursing and the College of Pharmacy at the University of Michigan. A survey of both certified and noncertified midwives was conducted regarding their use of herbs during the childbearing year. The CAMRC Open Research Meetings include a short presentation on a topic related to research into complementary and alternative therapies, time for questions and discussion, and networking opportunities with other individuals interested in CAM research. Free and open to the public. Call 998-7715 or 1-877-800-0887; camrc@umich.edu.

Friends Annual Fall Plant Sale at UM Matthaei Botanical Gardens - September 18-19, 10:00 a.m. - 4:30 p.m. - This annual event is a fund raiser for the Gardens. Bulbs, shrubs, and trees of the highest quality are available for purchase. No entry fee, but plants are all added for sale. Call 998-7061.

"May the Great Mystery make sunrise in your heart."

-Sioux Indian Saying

Blast to the Past, circa 1750 at UM Matthaei Botanical Gardens - October 9-10, 10:00 a.m. - 4:00 p.m. - This second annual event features the use of plants in the mid 1700s. Authentic lodges, birch bark canoe construction, pottery, basket and cooking demonstrations, reenactments, music, and hands-on activities are all part of this festival. \$7 adults, \$5 children. Call 998-7061.

Friends Fall Lecture at UM Matthaei Botanical Gardens - October 24, 1:00 p.m. - The lecture will focus on a current event pertinent to gardening or the environment. \$10 general public. Call 998-7061.

The Herbal Wisdom Series with Linda Diane Feldt presented by the People's Food Co-op - September 7, Nourishing Herbs; October 5, Herbs for Men; November 2, Making Tinctures and Salves. 7:30 - 9:30 p.m. - Free, except Nov. 2. Call Michele Gage at 769-0095. pcccizzy.net

Holistic Health

Own Your Own Body with Cindy Klement - The body works in harmony with all of its members and parts. A natural health philosophy focuses on maintaining balance within the body systems. Each system requires different nutrients to perform its special functions. In this series one body system will be covered, quite thoroughly, each week with recommendations as to which foods, herbs, vitamins, and other suggested modalities will health that particular system. \$10 each evening. Call 975-2444.

- Digestive System, Tuesday, September 14, 7:00 - 9:00 p.m.
- Intestinal System, Tuesday, September 21, 7:00 - 9:00 p.m.
- Respiratory System, Tuesday, September 28, 7:00 - 9:00 p.m.
- Urinary System, Tuesday, October 5, 7:00 - 9:00 p.m.
- Hair, Skin, Nails & the Special Senses (sight, sound, smell, taste, touch), Tuesday, October 12, 7:00 - 9:00 p.m.
- Nervous System, Tuesday, October 19, 7:00 - 9:00 p.m.
- Glandular and Reproductive Systems, Tuesday, October 26, 7:00 - 9:00 p.m.
- Circulatory System, Tuesday, November 2, 7:00 - 9:00 p.m.
- Immune System, Tuesday, November 9, 7:00 - 9:00 p.m.
- Structural System, Tuesday, November 16, 7:00 - 9:00 p.m.

CEU Credits for Iridology and Herbolgy with Cindy Klement - September 24-26 - 19.2 contact hours will be available to RNs who register for the weekend seminar on iridology and herbolgy. In this class we will examine the scientific base of iridology; contrast two approaches to iridology; identify factors that influence the ability to read the iris; examine personal iris photos; establish personal health goals; analyze iris photographs using a body systems approach; identify botanicals that will enhance functioning of specific organ systems and examine the potential interaction of botanicals with other medication; evaluate a variety of iris photographs to point out significant finds; and experience a simulated consultation with an iridologist. \$54-290 (depending on number of credits desired). The public is also invited to register! Call 975-2444.

Be Your Best with Diana Little - September 21, October 19, November 9, or December 7; 12:30 - 2:00 p.m. - This is an introductory class designed to show you how Dr. Little teaches the individualized use of hormones and supplements combined with personalized exercise and eating plans to create a healthy life. Free. Call 971-4194; dianamd@aol.com.

Homeopathy

Basics of Homeopathy with Peggy Beals - Tuesday October 5 and October 19 and November 2 and November 16 (four sessions), 7:15 - 9:00 p.m. - Philosophy, homeopathic view of health, basics of homeopathy. Learn: Home care for simple and common problems, how to know when to call the doctor; how homeopathic medicines are made and how to use and store them. \$35. Call 475-0406.

Homeopathic Study Group of Huron Valley, Affiliated Study Group of the National Center for Homeopathy (Fairfax, VA) with Peggy Beals - 2nd Tuesdays: September 14, October 12, November 9, December 14, 7:15 - 9:00 p.m. - Study of topics of interest for those who have a basic understanding of homeopathy, by formal class or informal activities. \$15 (materials fee) and \$33 annual NCH dues (includes 11 issues of *Homeopathy Today*). Call 475-0406.

The Homeopathic Kit: What It Is and How To Use It with Mary Tillinghast - The Kit is a workshop covering the most frequently asked questions about homeopathy, its theories, principles, and practical applications. Our focus in the workshop will be learning how to use the remedies in the Castle Remedies' Home Care Kit. A manual for the kit will be provided. \$49. Call Castle Remedies at 973-8990; mtillingham@aol.com.

- Sec. A: Wednesdays, September 8 and 15, 7:30 - 9:30 p.m.
- Sec. B: Saturday, September 25, 1:00 - 5:00 p.m. (brown bag)
- Sec. C: Mondays, October 4 and 11, 7:30 - 9:30 p.m.
- Sec. D: Saturday, October 16, 1:00 - 5:00 p.m. (brown bag)
- Sec. E: Thursdays, October 21 and 28, 7:30 - 9:30 p.m.
- Sec. F: Thursday, November 4 and 11, 7:30 - 9:30 p.m.
- Sec. G: Mondays, November 22 and 29, 7:30 - 9:30 p.m.
- Sec. H: Saturday, November 27, 1:00 - 5:00 p.m. (brown bag)
- Sec. I: Mondays, December 6 and 13, 7:30 - 9:30 p.m.
- Sec. J: Saturday, December 11, 1:00 - 5:00 p.m. (brown bag)

Homeopathic Remedies for Children's Health Care with Patty Brennan - Saturday, October 16, 9:00 a.m. - 4:00 p.m. - What are some natural remedies that can be helpful in treating common ailments of children - from newborns to teenagers? Emphasis is placed on identifying helpful resources and developing a home medicine chest or travel kit of natural remedies. We will consider remedies for specific concerns such as teething, croup, fevers, ear infections, growing pains, sports injuries, and emotional imbalances. \$50. Call 663-1523; gbrennan@umich.edu or www.salineguide.com/hmi.

Infant Massage

Infant Massage Classes with Audrey Simon - New classes begin each month - Four-week class to learn the benefits and methods of interactive massage according to the baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. \$85 includes handbook, bottle of oil and handouts. Call 741-9706.

Intimacy & Relationships

Loving Couples Workshop with Sara A. Schreiber and Richard A. Gull - October 16, November 20, December 11; 12:00 - 4:00 p.m. (lunch included) - We will explore the path to intimacy between partners using experiential exercises that will further the trust and safety in committed relationships. Limited to six couples. Each Saturday \$120, the series (three days) \$300. Call 662-1450; rgull@umich.edu.

From Conflict to Caring: A Group for Couples with Kathy and Mark Blough - Thursday evenings, 7:00 - 9:00 p.m. (September 16 or when the group is full) - This 12-week group for couples is to help couples increase intimacy and joy, resolve conflicts peacefully, decrease fear and anger, heal old hurts and deepen their capacity for enjoyment, security and love. \$60 per couple/per group. Call 327-2040 or 930-0864.

Enhancing Our Relationships: Authentic Communication with Michael Andes - Wednesdays, September 22 - December 15, 7:00 - 9:00 p.m. - Focus will be on recognizing, identifying and expressing feelings, needs and wants. This will be a small group experience in a safe, nourishing environment. Sliding scale \$20-40/session (12 sessions). Call 662-5215.

Intuitive Awareness & Psychic Development

Reception and Book Signing for John Friedlander hosted by Crazy Wisdom Bookstore - Friday, October 1, 7:30 p.m. - John Friedlander is a nationally respected psychic whose latest book is *Basic Psychic Development*. His previous book was *The Practical Psychic*. He lives in Ann Arbor. John will talk and do a reading as a prelude to the reception. Free. Call Crazy Wisdom Bookstore at 665-2757.

The Crazy Wisdom Calendar

Intuitive Awareness and Psychic Development (continued)

Basic Psychic Development: Workshop with John Friedlander - Saturday, December 4, 9:30 a.m. - 5:00 p.m. - Join internationally known psychic and author John Friedlander as he teaches a user-friendly system of energy awareness techniques. This experiential workshop will allow participants to facilitate heightened self-awareness, healing and insights into their relationships. \$75. Call Interfaith Center for Spiritual Growth at 327-0270.

Basic Psychic Development with Shala Kilmer - 8 weeks starting Tuesday, September 14, 6:30 - 9:30 p.m. - Learn to use your own psychic abilities. Results are immediate. Many techniques taught. \$280. Call 248/258-8287.

"Make of yourself a light."
-Buddha

Psychic Development with Diane Duggan - Thursday, September 16; Tuesday, September 21; Wednesday, November 3; and Tuesday, November 9; 7:00 - 10:00 p.m. - Exercises in psychometry and telemetry designed to heighten psi factor. Develop skills in meditation as well. \$100 for all. Contact uhea@igc.org.

Psychic Reading Practice facilitated by Anita McKay and Charlie Feigel - September 9, October 14, November 11, December 9; 7:00 - 9:00 p.m. - Essence Point offers a supportive environment to practice skills learned in psychic classes developed by John Friedlander or through the book *Basic Psychic Development: A Users Guide to Auras, Chakras and Clairvoyance* by John Friedlander and Gloria Hemsher. Free (donations accepted for Essence Point. Call 913-9830.

Intuitive Awareness 1 (formerly Practice Psychic 1): "Awareness" with Ray O. Golden - Saturday and Sunday, October 16-17, 10:00 a.m. - 4:00 p.m. - Learn simple and powerful techniques to begin to see, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. You also learn to communicate with both you own and others' God-of-the-Heart (Higher Self), and to do readings from that level. \$129, or \$115 if paid one week in advance, or \$109 if you bring two or more friends. Call 663-9724.

Intuitive Awareness 2 (formerly Practice Psychic 2): "Deepening Awareness & Skills" with Ray O. Golden - Saturday and Sunday, November 13-14, 10:00 a.m. - 4:00 p.m. - Continue to develop your intuitive perception and learn to recognize and heal layers of the aura. Connect with one of your healing guides to communicate and do healings. \$125 if paid one week in advance, otherwise \$139. Call 663-9724.

Intuitive Awareness 3 (formerly Practice Psychic 3): "Putting It All Together" with Ray O. Golden - Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. For date, time and cost, all Practical Psychic Center of Ann Arbor at 663-9724.

Intuitive Awareness 4 (formerly Practice Psychic 4): "Channeling" with Ray O. Golden - Learn to safely become a conscious channel, using a technical system as your foundation. For date, time and cost, call Practical Psychic Center of Ann Arbor at 663-9724.

Judaism

Jewish Renewal High Holiday Events - 2nd Day Rosh Hashanah - Sunday, September 12, 9:30 a.m. at the Jewish Community Center - A spiritual and contemplative approach to celebrating the second day of the Jewish New Year with chanting, meditation, niggunim (Hassidic melodies) and prayer. Co-sponsored by Pardes Hannah - a Jewish spiritual community and the Reconstructionist Havaarah. For more information on Rosh Hashanah and other Pardes Hannah events occurring on Sukkot, Shemini Atzeret and Simhat Torah, call Rabbi Elliot Ginsburg at 332-3878.

The Labyrinth

Walking the Labyrinth - Fridays: September 3, October 1, November 5, December 3; 9:00 a.m. - 6:00 p.m. - "The labyrinth is an archetype of wholeness, a sacred place that helps us rediscover the depths of our souls." - Lauren Artress, *Walking the Sacred Path* - The labyrinth is found in all religious traditions. During the Middle Ages, Christians journeyed to pilgrimage cathedrals where they walked the winding path. The labyrinth continues to be a metaphor for the spiritual journey. Everyone is welcome to walk this sacred path anytime throughout the day. Free. Call 734/242-5520; visitation@telweb.net.

Kids & Young Adults

The Social Spirit with Tom Egan - Second and fourth Thursday night of each month, 6:00 - 8:00 p.m. - An ongoing dynamic hands-on approach to socializing. Have fun exploring challenging activities, initiatives and games. Meet new people, learn about yourself and others and discover what you have to offer. Grades 7, 8; grades 9, 10. \$10/night. Call 913-9878.

Improv for Young People with Todd Hohauser-Thatcher at New Center - November 6, 9:00 a.m. - 3:00 p.m. (lunch not provided; please bring brown bag lunch) - Class will offer students an opportunity to learn and use improv in many situations. There will be games, role play and much fun playing and exploring each person's innate creative talent. \$90. Call 734/913-9733.

Children's Sunday School at Lighthouse Center - First and third Sundays, 11:00 a.m. - 12:30 p.m., Beginning in September - Classes in spiritual development for children ages 4-12, whose parent are mantra meditators. Principles of metaphysics, mantra meditation, Christianity and world religions are taught at different age levels. \$25 per family per year for expenses. Call Nirmala at 663-2218.

Yoga - Kids and Parents with Ema Stefanova - Date TBA, 2:00 - 3:00 p.m., Saturday - This class is designed for children ages 5-7. We do get 3- and 4-year-olds who like being around older kids. We learn postures, breathing, concentration and relaxation in a way appropriate for this age. For exact date and cost of class, call or e-mail instructor at 665-7801; EmaStefanova@CompuServe.com.

Yoga for Kids Ages 7-10 with Ema Stefanova - Date TBA, 3:00 p.m., Saturday - This class is designed for children ages 7-10. We learn postures, breathing, concentration and relaxation very differently than an adult yoga class. We even have serious philosophical discussions inspired by questions from the kids. For exact date and cost of class, call or e-mail instructor for exact date at 665-7801; EmaStefanova@CompuServe.com.

Massage

Belavi Facelift Seminar with Nina Howard - December 5 - 7 - Designed for massage therapists, estheticians or health professionals, this 3 day seminar teaches a lifting and firming treatment for the face using acupressure, lymph drainage and contouring. This is a certification program and a wonderful service to provide your client. \$650. Call 747-8517. nina@bellanina.com

Seated Massage Workshop at Ann Arbor Institute of Massage Therapy with Margaret Szedenits - Saturday, October 9, 8:30 a.m. - 5:00 p.m. - Seated massage concentrates on teaching the participant a therapeutic routine that can be adapted to different situations. Use of body mechanics to produce maximum results with minimum effort are taught. \$125. Call 677-4430; fax 677-4520.

Geriatric Massage Workshop at Ann Arbor Institute of Massage Therapy with Pam Pistor - Friday - Sunday, October 15-17; Friday 6:30 - 9:30 p.m., Saturday and Sunday 9:00 a.m. - 5:00 p.m. - This workshop will cover the physiological, psychological and sociological aspects of aging, client assessment, cautions and contraindications for geriatric massage and how to establish a geriatric massage practice. The workshop will teach modification of standard massage techniques and development of special methods to suit each client's individual needs. Elderly volunteers will be available for practical hands-on training. \$250. Call 677-4430.

Sports Massage II Workshop at Ann Arbor Institute of Massage Therapy with Jocelyn Granger and Jane Anderson - Saturday and Sunday, October 23-24, 8:30 a.m. - 5:00 p.m. each day - The goals of this segment of are: to provide you with an overall perspective on, and the techniques essential to, sports massage, including basic concepts of techniques used in sports massage, skillful palpation, your role as a sports massage therapist, working with common sports massage injuries, maintenance of the athlete, corrective measures for the injured athlete and understanding the injury and its repair process. \$225. Call 677-4430; fax 677-4520.

650-Hour Professional Training Program in Massage Therapy with various core instructors at Ann Arbor Institute of Massage Therapy - Classes begin Thursday, September 9. The September program meets Tuesday and Thursday: morning, 9:00 a.m. - 12:30 p.m., or evening, 6:00 - 9:30 p.m. - AAIMT is dedicated in assisting each student in achieving excellence in the therapeutic skills, personal awareness and sensitivity needed for a successful and regarding practice of massage therapy. The program includes: Anatomy and Physiology, Myofascial Therapy, Neuromuscular Therapy, Sports Massage, Shiatsu, Seated Massage and various components and related approaches of therapeutic massage. Tuition: \$5,900. Call 677-4430; fax 677-4520.

Sports Massage I Workshop at Ann Arbor Institute of Massage Therapy with Jocelyn Granger and Jane Anderson - Saturday and Sunday, September 25-26, 8:30 a.m. - 5:00 p.m. each day - Sports massage uses a combination of specialized techniques to prevent sports injuries, boost athletic endurance and performance, and accelerate recovery from injury or fatigue. The principles and techniques of sports massage include: the physiology of the injury and repair process; pre-event, post-event and maintenance; and principles of sports injury assessment and treatment. \$225. Call 677-4430; fax 677-4520.

Stretch and Strengthen/Therapeutic Exercise with James Hackett at Ann Arbor Institute of Massage Therapy - Saturday, October 2, 9:00 a.m. - 5:00 p.m. - Stretching and strengthening two adjunctive modalities for the massage therapist which offer a more complete and effective complement to the client's full recovery and rehabilitation from chronic pain, postural stress and strain, injury, and injury prevention. This seminar will present specific techniques of stretching and strengthening for major muscles of the upper and lower body, and will also serve as an excellent review and application of functional anatomy/kinesiology. Free weights and exercise tubing will be utilized. \$100. Call 677-4430.

Massage Therapy Program Completion/Certification Testing with James Hackett at Ann Arbor Institute of Massage Therapy - Sunday, October 3, 9:00 a.m. - 5:00 p.m. - This 80-hour certification option includes all five seminars and a written/practical exam. The certification exam provides an opportunity for therapists to demonstrate comprehension of the material and to receive valuable feedback in refining their skills. Students will receive written review questions for each seminar to help them focus their study and practice. \$100. Call 677-4430.

How to Give a Great Massage with Linda Kurtz - Six weeks, 2-1/2 hours per session; exact date and time to be determined by participants' schedules - In this class for beginners, you will learn various massage techniques and how to listen to a person's body and how it changes throughout a massage session and from one session to the next. By listening in this way, you can adapt your massage to best meet a person's current needs and to meet the needs of different people. The class includes massage demonstrations, time to practice and grounding and listening exercises. Sliding scale \$20-40 per class. Call 769-4241.

Keep Them Coming Back: Advanced Techniques for Practicing Massage Therapists with Annie

Kopko - Four Tuesdays: September 21, September 28, October 5, and October 12; 6:00 - 9:00 p.m. - Transform the ordinary massage into extraordinary massage. Exploring the art, spirit and healing energy of massage therapy, we discover powerful techniques that bring clients back again and again. This class complements any training. \$160. Call 973-8290.

Massage with Peter Baker - Wednesdays, September 27 - November 3, 6:00 - 7:30 p.m. - Learn massage techniques that enable you to manage stress in the home or office. Discover the methods used to work with tight muscles. Explore methods appropriate to the intimacies and sensuality of massage. Wear loose-fitting clothing and bring a pillow, mat or blanket to lie on. \$40. Call 647-6838; marysim@umich.edu.

Massage II - Advanced Workshop with Peter Baker - Wednesdays, September 27 - November 3, 8:00 - 9:30 p.m. - Prerequisite: UnCommon course or some other introduction to massage. Includes more direct work focusing on dysfunction, specifically in the upper back and shoulders, lower back, hips, legs and arms. Emphasis is on feeling good, facilitating rehabilitation, integrating the entire body and especially on treating with respect and love. \$40. Call 647-6838; marysim@umich.edu.

Massage for Couples with Peter Baker - Sunday, October 17, 9:00 a.m. - 4:00 p.m. - Explore massage techniques designed for couples. Due to limited space, enrollment is limited to five couples. \$65. Call 647-6838; marysim@umich.edu.

Meditation

Mindfulness Meditation for the Beginner with Erica Dutton - Offered monthly in fall and winter; call for exact times - This is a 2-hour introductory workshop on Mindfulness Meditation and how it can benefit you. You can use this form of meditation anywhere, anytime, anywhere. Learn how to meditate in a practical way - no futons, no incense, no candles, no lotus position - and still enjoy the benefits! \$35. Call 677-3056; eldutton@aol.com.

Meditation with Ema Stefanova - Sunday, September 12, 3:30 p.m. - We learn the elements of Kriya Yoga meditation, concentration, deep relaxation (Yoga Nidra), etc. Students are carefully guided toward establishing a practice in meditation most suitable to their temperament. Individual attention. \$125 for 10 classes. Call 665-7801; EmaStefanova@CompuServe.com.

Intro to Meditations from the Tantras with Ema Stefanova - Sunday, October 31, 9:30 a.m. - 12:00 p.m. - The theory of meditation will be explained and participants will be guided in Ajapa Japa, Nada Yoga and a few other powerful meditations from the Tantras - the mother of the yogas. \$60. Call 665-7801; EmaStefanova@CompuServe.com.

Mastering Meditation with Kapila Castoldi - Mondays, September 13, 20, 27, 7:30 - 9:30 p.m.; Sundays, September 19, 26, October 3, 7:30 - 9:30 p.m.; Mondays, November 8, 15, 22, 7:30 - 9:30 p.m. - A three-week introductory program covering the essentials of meditation, quieting the mind, practical techniques of relaxation and meditation, self-improvement. Interested individuals may continue through a series of advanced sessions. Free. Call the Sri Chinmoy Centre at 994-7114.

Intensive Meditation at Lighthouse Center - First and third Friday every month, 7:00 - 10:00 p.m. - Mantra meditation, 20 minutes on each the seven chakra centers. No cost; love offering. Call Prachi at 734/449-4381.

Introductory Meditation Lecture with Chetana at Lighthouse Center - Last Friday of the month: September 24, October 29, November 26; 7:00 - 10:00 p.m. - Introductory lecture on mantra meditation and empowerment with a mantra. \$50/repeat for \$15. Call Nirmala at 663-2218.

Lomi Flying Dance Meditation with Alani Galbraith-Kuzma and Tom Kuzma - Thursdays, 7:00 - 9:00 p.m. - This simple, graceful and powerful energy-awakening movement, based upon a figure-eight movement (infinity symbol), speaks to our ancient body, knowing that we too are infinite beings. The Flying Dance teaches alignment, empathy and expansion as it accesses multiple levels of consciousness. \$15. Call 327-9328. Lomisong@conglomerate.com.

Meditation with Wasantha Young of Peaceful Dragon School - Thursdays, 6:00 - 8:00 p.m., December 2-23 - There are many forms of meditation practices all over the world. Meditation techniques can act as a vehicle, offering an opportunity for the individual to see the true nature of their being and the nature of their thoughts. In practicing the art of meditation, individuals have reached states of clarity, calm, quietude and vision. Students participating in this class will learn the fundamental techniques used in the Buddhist and Taoist styles of meditation, such as sitting, standing, walking, pondering, visualization, focusing and guided meditation. \$75. Call 741-0695; www.peacefuldragonschool.com.

Silent Group Meditation sponsored by Essence Point - Every Sunday, 12:00 - 1:00 p.m. - Two periods of unguided silent meditation for 25 minutes each. People from all disciplines welcome. Comfortable chairs provided or bring a cushion if you prefer. Open to all. Donations accepted. Call 913-9830.

Meditation with Kristine Kurnit - Wednesday, October 6 - November 10, 7:00 - 9:00 p.m. -

Meditation is a simple and direct practice: the moment-to-moment investigation of the mind/body process through calm, focused awareness. No special religious beliefs are required; this is a spiritual process. Each class meeting includes sitting time, instruction and group discussion. \$20. Call 647-6838; marysim@umich.edu.

"May there always be work for your hands to do; May your purse always hold a coin or two;
May the sun always shine upon your window pane; May a rainbow be certain to follow each rain;
May the hand of a friend always be near to you and; May God fill your heart with gladness to cheer you."

-Irish Blessing

Nonresi-

den-

with Barbara Brodsky of Deep Spring Center - Saturday and Sunday, September 25-26, 9:30 a.m. - 5:00 p.m. at Michigan Friends Center, Chelsea - Insight or vipassana meditation is a simple and direct practice - the moment to moment investigation of the mind/body process through calm, focused awareness. It allows us to distinguish between obsessive thought and focused reflection, and to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. The meditation derives from Buddhist teaching but no special religious beliefs are necessary to its practice and no forms of rituals are taught. \$30 for one day; \$50 for both; no one will be denied participation for financial reasons. Call Carol at 475-9312 or Pam at 662-3435.

Semi-residential Meditation Retreat with John Orr and Barbara Brodsky of Deep Spring Center - Friday evening - Sunday afternoon, October 22-24 at Michigan Friends Center, just west of Ann Arbor - We hope this special retreat will offer a low cost alternative to our full residential weekends and also an entry to retreats to those who are less experienced and would enjoy the comfort of sleeping at home. Our building includes a meditation hall in the woods with kitchen and bathrooms, and is open 24 hours a day throughout the retreat. Camping is possible by the lake or you may go home to sleep and return in the morning for the 6:30 a.m. sitting, breakfast at 7:30, or 9:00 a.m. for the morning instruction period. The two foundations of the weekend are insight meditation and deepening awareness of innate perfection. The meditations derive from Buddhist Theravadin and Dzogchen traditions but no special religious beliefs are necessary to their practice. \$95 for retreat and six meals. Camping is possible (\$5/tent/night). Donations for the teachers will be accepted at the close of the retreat. Call Hal at Deep Spring Center at 971-3455; information@deepspring.org.

Insight Meditation with Barbara Brodsky of Deep Spring Center - Tuesday nights, 7:30 - 10:00 p.m.; September 28, October 5, 12, 19, November 2, 16, 30, December 14 - This class is appropriate for continuing students at every level, who have completed an introductory class, have attended at least one retreat or meditation day or have parallel experience in this practice. Insight meditation is a simple and direct practice: The moment to moment investigation of the mind/body process through calm, focused awareness. Each moment is practice for our growth toward wholeness and harmony. We'll use the Lama Surya Das' new book, *Awakening to the Sacred*, as a supportive text. Each class will begin with a sitting, followed by a talk or instruction and discussion. \$100 for the semester, plus a \$20 building fee. No one will be denied participation for financial reasons. Call 971-3455.

Continuing Insight Meditation - Meditation for the Open Heart with David Coupland and Cassie Cammann of Deep Spring Center - Eight Thursdays, October 7 - December 2, 7:30 - 9:30 p.m. - No class November 25 - This semester we will focus on traditional meditation practices for cultivating loving-kindness, compassion, sympathetic joy and equanimity. Bring a blanket and two or three cushions for sitting on the floor. \$30. Call David Coupland at 995-5344 or Cassie Cammann at 662-6704. To register, call Lucinda Stevens, Ann Arbor Rec & Ed, 994-2300.

Wednesday Night Introduction to Insight (Vipassana) Meditation with Kris Kurnit - Six Wednesday nights beginning October 6, 7:00 - 9:00 p.m. - Basic instruction for insight meditation, which is a simple and direct practice: the moment to moment investigation of the mind/body process through calm, focused awareness, which allows us to experience sensations, emotions, thoughts and consciousness with great clarity and balance. This clarity frees our mind from conditioned patterns of self-centeredness, negativity and confusion, opening our heart to deeper wisdom and compassion. The meditation practices are suitable to those of any religion. Offered jointly with the University of Michigan; register with Leslie Davis at 647-6838. \$30, payable to the University of Michigan. Call Kris Kurnit at 668-1385 or Deep Spring Center at 971-3455.

The Crazy Wisdom Calendar

Massage (continued)

Thursday Night Introduction to Insight (Vipassana) Meditation with David Lawson and Dianne Austin - Six Thursdays: September 30, October 7, October 21, November 4, November 18, and December 2; 7:30 - 9:00 p.m. - Basic instruction for insight meditation, which is a simple and direct practice: the moment to moment investigation of the mind/body process through calm, focused awareness, which allows us to experience sensations, emotions, thoughts and consciousness with great clarity and balance. This clarity frees our mind from conditioned patterns of self-centeredness, negativity and confusion, opening our heart to deeper wisdom and compassion. This process of opening non-judgmentally and compassionately to ourselves moves from the sitting period to the whole of our lives. We will also work with other forms of meditation that nurture non-dual awareness and open the heart. These practices derive from Buddhist teachings but no special religious beliefs are necessary to their practice. We perform no religious rituals. The meditation practices are suitable to those of any religion. Offered jointly with the Ann Arbor Rec/Ed Department; register with Lucinda Stevens at 996-3151 or 994-2300. \$40, payable to the University of Michigan. Call David Lawson at 662-8317, Dianne Austin at 665-4298 or Deep Spring Center at 971-3455.

Men's Work

From Shame to Blessing: An AA Retreat Weekend for Men with Philip Kennedy and Thomas McGrath at Weber Center - Friday, December 3, 7:30 p.m. - Sunday, December 5, 1:00 p.m. - Prior to recovery many of us lived, like the prodigal son, drenched in shame. Through reflection, small group sharing, ritual and rest, we will explore new images of God "as we understand God," leading to a new experience of coming home and blessing. Using the 12 steps as a framework, Kennedy and McGrath will lead a series of sessions mining the wisdom and spirituality of the AA program. Deposit of \$35 due at registration, with the balance of \$75 to be paid upon arrival at Weber Center. Call 517/266-4000; fax 517/266-4004.

Men's Issues Therapy Group with Cam Vozar - Monday evenings, 7:00 - 8:30 p.m., starting September 13 - An ongoing therapy group supporting men to change their lifestyles and relationships; promoting recovery from addictions, depression, isolation and divorce. \$35 per group session; some insurances accepted. Call 747-9073; cvozar@aol.com.

Midwifery

Homeopathy in Midwifery Practice with Patty Brennan sponsored by the Michigan Midwives Association (MMA), Fall Conference - Friday, October 22, 10:00 a.m. - 5:00 p.m. - Learn to effectively incorporate homeopathy into all aspects of midwifery practice. The fundamental components of this healing system will be explained with emphasis placed on materia medica and remedy essences. Therapeutic differentials for common problems of pregnancy, labor and birth, and postpartum concerns for both mom and baby will be presented. Emergency use of the remedies will be simplified. Beginning to advanced students welcome. Approved for 6 contact hours (ACNM, MEAC, MNA). \$60 MMA members, \$70 nonmembers. Call Patty Brennan at 663-1523; gbrennan@umich.edu.

Holistic Prenatal Care & Skills for Midwives with Patty Brennan, The Holistic Midwifery Institute - Four-day intensive class, Thursday - Sunday, September 30 - October 3, 9:00 a.m. - 5:00 p.m. - The focus of this class is on effective use of natural therapies during pregnancy, including nutritional counseling, homeopathy, herbs and more. Topics include: holistic solutions to common discomforts of pregnancy and treatment options for complications of pregnancy. Skills training involves taking and interpreting a health history, practicing low-tech diagnostic skills, and hands-on work with pregnant women. \$325; \$290 if paid in full by September 9. Call Patty Brennan at 663-1523; gbrennan@umich.edu.

The Millennium

Second Tuesday: Gathering Wisdom for the Turning of the Millennium - September 14, October 12, November 9, December 14; 7:00 - 8:00 p.m. - The arrival of the millennium is a time when life makes itself available with unusual abundance and clarity. As we approach the new century, the image of sacred threshold seems to beckon us to break through to new life and possibilities. On the second Tuesday of each month in 1999, we gather to reflect, pray and craft a spiritual vision worthy of who we are and whom we are called to be. Free. Call 517/266-4000; fax 517/266-4004; Webercenter@aol.com.

Debugging the Millennium Bug: Discourse on Predictions for the New Century with Sandiipa - Saturday, October 16, 2:00 - 5:00 p.m. - The Y2K bug, the end of the world - you've heard them all. Now gather for a rational talk on the coming changes and how to create and prepare for the future you want. Topics include: interpreting Nostradamus, Cayce and other seers; predictions for the millennium; the meaning of the Aquarian age; becoming a positive channel for change; meditations for change; how to create a gold future. This timely class promises to open the mind to the limitless possibilities of tomorrow. \$65. Call Ageless Wisdom at 734/207-5310.



Photo by Linda Lawson

The Staff of Soundings: A Center for Women - (l-r) Laura Lies, Anne Benedict, Sandi Cooper and Elva Williams

Advent Retreat Day: The Labyrinth Beckons with Evie Craig and Peggy Schmidt - Saturday, December 4 - This 1999 Advent season invites us into reflection upon the wonder of God becoming human within the context of the new century. How do we want to step into 2000? What do we take with us? Using the labyrinth as a tool for this reflection day, the participants are invited to touch into their desires for the 21st century. Registration by November 24, \$25; balance \$20. Call 734/242-5520; visitation@teleweb.net.

Movement & Dance

Earth Dance with Jesse Richards - 12 weeks, starting September 21, beginning level (no dance experience necessary) Saturdays, 12:00 - 1:15 p.m.; continuing level (some dance experience required) Tuesdays, 6:00 - 7:30 p.m. - Earth Dance combines many styles, including jazz, African and martial arts. It is an exciting, energetic dance style that develops a strong sense of strength, alignment and joy of moving. Earth Dance reminds us we are part of nature and that dance is a way of life - a part of our spirituality, sexuality, work, politics, health, etc. To bring a greater richness to our dance experience, we also include some chanting and song. \$108. Call 995-2972.

Dance Your Spirit Awake with Sheila Layla Ritter - Three Sundays: November 7, 14, and 21, 6:00 - 7:00 p.m. - Stretch your muscles in ways that express your dreams, hopes and spirit. Gentle aerobic exercise to beautiful music. No dance or exercise experience necessary. Each person chooses her/his own level of ease/challenge of movement. \$30. Call 973-0684; layla@net.arboret.org.

Dance Day through Dance Gallery Studio - Saturday, September 11, 10:00 a.m. - 5:00 p.m. - Classes offered all day long! Adults can pay \$8 for the day and take as many classes as they wish. For \$5, parents can bring their children to meet teachers and try a fall session class ahead of time. Or just drop by to watch classes, pick up a schedule, observe a Peter Sparling Dance Company rehearsal, or take a peek at our new Little Studio! Call 747-8885 or write dancegallerystudio@ameritech.net for information.

Special Workshops through Dance Gallery Studio - Sundays, 4:30 - 6:30 p.m. during the fall session - Topics will include Yoga, Congolese, Capoeira, Feldenkrais, Tai Chi, Pilates for Dancers and more. Call 747-8885 or write dancegallerystudio@ameritech.net for information.

oking at Dance through Dance Gallery Studio - October 3, November 7, and December 5 (1st Sunday of each month), 4:30 – 6:30 p.m. • Join us at this gathering of local choreographers, dancers and dance writers to discuss the intricacies of watching and performing dance. This series provides information for those who feel like they don't quite "get" dance, well as providing an opportunity for enthusiasts to delve further into their understanding of the form. Performances, panel discussions and audience question/answer sessions will be included. Hosted and moderated by board member and dance lover, Michael Rudy. Free. Call 7-8885 or write dancegallerystudio@ameritech.net for information.

“You should always be aware that your head creates your world.”

-Ken Keyes Jr.

's Your Move! With Gail BK Rowland - Sunday, October 10, 1:00 – 4:00 p.m. • In this creative movement workshop enjoy opportunities for self-discovery and free expression through the medium of movement. Come out and play...fun, freedom and exercise! All abilities welcome. \$50. Call 994-3777.

oving Meditation – Traditional Indian Dance (Bharatnatyam), Chanting and Yoga with adhavi - Saturday, September 11 – November 27, 10:00 – 11:00 a.m.; Monday, September – November 22, 5:30 – 6:30 p.m. • Starting with sung chants, students develop awareness of their body/spirit connection. That is then enhanced through traditional Indian dance movements, mime and yoga. All ages and body shapes welcome! For cost, call 665-4930.

eginning Bharatnatyam Style Indian Dance Classes with Madhavi - Tuesday, September 7 - November 23, 5:00 – 6:00 p.m.; Saturday, September 11 – November 27, 12:00 – 1:00 p.m. • Combining vigorous and graceful dance movements with stylized mime, students develop length, fluidity and balance through this traditional temple dance form. Classes end with a yoga stretches. \$120. Call 665-4930.

ances of Universal Peace with Sylvia and John Middlebrooks - First Friday of each month, 8:00 – 9:00 p.m. • Open the heart to peace and joy. Song and chant from the world's spiritual traditions combined with simple circle dances. All are welcome. No partner or experience needed. \$5 donation, optional. Call 996-1332.

nn Arbor Authentic Movement Group - Meets bi-weekly, evenings. We also present a **nique workshop in Contemplative Dance on November 12-14**. We are a self-facilitated peer group, meeting since 1996 to explore Authentic Movement in community. We approach Authentic Movement as personal process, psychological narrative, creative resource and creative play. We invite those who seek to cultivate awareness of their embodied selves to join us. Cost: Nominal fee to rent space. Call Robin Graubarth at 665-2345 or Peter Norlin at 734-78-2900; RedRobinah@aol.com, PRNorlin@ameritech.net.

merging Through Movement with Charleen Berels - Ongoing • Listen to the wisdom of our human body through the practice of Authentic Movement and begin to claim your personal narrative, enter your creative core and invite healing through self-empowerment. or those seeking to begin a movement meditation practice in the safety of a private setting with a personal witness. Call 995-8716.

Contemplative Dance: The Moving Imagination presented by the Ann Arbor Authentic Movement Group with Mary Ramsay, Alton Wasson, and Daphne Lowell - November 12-14 • This workshop offers Contemplative Dance/Authentic Movement, creative forming resources of drawing and writing and exploring nature. This movement is spiritual practice, psychological narrative and artistic resource. It involves a profoundly simple process to follow, without judgment, the body's impulses to move or be still. Artists, therapist, bodyworkers, dancer, educators, anyone who wishes to explore embodiment and one's sense of self are encouraged to attend. \$185-225 (sliding scale). Call Robin Graubarth at 665-2345 or Alton Wasson at 413/268-3294; RedRobinah@aol.com, rozalton@crocker.com.

Legacy in Motion with Fernando Colon and Antonio Francesco - Wednesdays, September 8 - November 10, 7:15 – 10:15 p.m. • While engaged in simple movement exercises, we will encounter our bodies as the archives to our personal history. We will recall memories and rediscover legends contained deep within our muscles and bones. We will awaken our creativity and play! Physically challenged persons are encouraged to apply as well as those with varying levels of movement discipline. For more information call Ann Arbor Center for the Family at 995-5181; aactrfam@instructions.netcom.com.

Movement Journey – Creates the Way with Hava Jean Delgado - Private sessions by appointment • Identify the connection between life events and how the body expresses, move and feels. Explore self-healing through gentle dynamic movement, drawing, writing, voice and sound. \$45 per session. Call 734/697-1579; HJDraven@aol.com.

Music & Sound

Energy Sound Healing (Attunement) with Norma Gentile - September 10-12: Friday, 7:00 – 10:00 p.m.; Saturday, 10:00 a.m. – 6:00 p.m.; Sunday, 10:00 a.m. – 1:00 p.m. • Learn and experience the gentle process of attunement. We'll explore our ability to hear energy and to imbue our sound (singing, speaking or tones) with the love and healing power of angelic guides. The workshop includes a special channeled sound meditation to strengthen our connection with new Sacred Masculine energies emerging from our sun and Divine Feminine energies emerging from within the earth. \$170 by September 5, or \$195 thereafter. \$50 deposit is requested. Please make checks payable to Essence Point, P.O. Box 1212, Ann Arbor, MI 48106. Call 734/332-4606; norma@healingchants.com.

Full Moon Concert with "What's Inside" - Saturday, October 23, 8:00 p.m. at Freighthouse in Depot Town • This concert, a benefit for the Alano Club, is the second in the band's Full Moon Music Series. What's Inside's music is uplifting, socially conscious and a powerful connecting force. \$10-15 suggested donation. Call 913-9861.

Native American

Purification Lodge - Saturdays: September 25, October 30, November 27 • All are welcome. \$20 donation plus a dish to pass. Call 734/783-3830.

Nature & the Environment

Nature as Mirror with Jeanne Mackey and Pattie Postel - Saturday, September 18, 10:00 a.m. – 5:00 p.m. • In this one-day experiential workshop we will see reflections in nature of our own inner landscape and discover how to use those lessons in our daily lives. Each participant will identify a personally significant question and will seek answers through solo time in nature, using the traditional structure of a medicine walk. \$40. Call 913-9861 or 975-8791; ppostel@cris.com.

"Last Hours of Ancient Sunlight" with Tom Hartmann through the Church of Today - Wednesday, October 6 • Tom Hartmann is the author of *Last Hours of Ancient Sunlight*, a book about the ecological devastation we may be heading for in the middle of the 21st century. Love offering. Call 810/758-3050.

“To every thing there is a season, and a time to every purpose under heaven.”

-Ecclesiastes 3:1

Nutrition & Food Medicine

Energetic Food Analysis with Tom Egan - October 12, November 16; 7:00 – 9:00 p.m. • Receive an energetic food analysis and feel how those foods compare with other members of the group. Find out your specific foods that generate and degenerative health for your unique constitution. Hone in your intuition through a process of kinesthetic comparison. An experiential workshop with readings, channeling, Q&A and discussion. Individual sessions are also available. \$25. Call 913-9878.

Huron Valley Rejuvenation: Juice Fasting and Detoxification Program with Michele Loewe - September 2, 6, 9; 6:00 – 8:00 p.m. • Join Dr. Loewe in a guided 14-day purification program carefully designed to help your body adjust to diet changes. The Huron Valley program schedules five days of a juice fast, along with a pre- and post-fast detoxification diet. During the program, participants attend three evening classes to learn basic information about digestion, nutrition and health. \$100. Call 975-2470.

Nutrition 101 Workshop Introduction with Pauline H. Cart - Thursdays weekly, 4:30 – 7:30 p.m. • Basic needs of the body will be discussed – for individuals and in general. No charge for introduction. Call 971-2981 or 971-8032, fax 971-1750.

The Crazy Wisdom Calendar

Nutrition and Food (continued)

Preparing Healthful Food You'll Love to Eat! With Linda Sinkule - Saturday, September 25, 9:00 - 11:00 a.m.; Tuesday, October 19, 10:00 - 11:30 a.m.; Tuesday, November 9, 7:00 - 8:30 p.m.; Tuesday, December 14, 10:00 - 11:30 a.m. - This hands-on class will introduce you to Linda's "easy to follow" methods of healthful food preparation! You will learn to make healthier food choices, prepare and sample tasty food, and develop skills for artistic presentation. \$5. Must know the number of participants, so register by three days prior to class. Call 996-2625; lsinkule@aol.com.

Pagan Spirituality

An Evening Reception and Book Signing for Starhawk hosted by The Seeker Journal and Crazy Wisdom Bookstore - November 13, 7:00 - 9:30 p.m. - Meet and chat with Starhawk, one of the foremost voices in the Earth-center religious community worldwide. She is a best-selling author of *Spiral Dance*, *Dreaming the Dark*, and *The Pagan Book of Living and Dying*. Call Crazy Wisdom at 665-2757, John Morris at 665-3522, or Misti Tucker at 434-0599; seeker@cyberspace.org.

Wyrd Roots of the Sacred Forest Coven Open Meeting with Gypsy and Hekuba - September 1, 8:00 p.m. - Spell exchange. Do you have a spell that's really worked for you? Bring it and tell the rest of us how it works so we can all benefit. - October 6, 8:00 p.m. - Reincarnation Costume Party. Dress up as someone you used to be (or wish you had been)! Bring some munchies to pass, too. We'll show off, dance a little and run a reincarnation workshop. - November 3, 8:00 p.m. - Sewing Night. Is there a sewing project you've been meaning to get started or finish? Unsure how to make an easy ritual robe or interesting scarf? Bring your ideas - someone will be able to help you! We'll have sewing machines, thread, fabric paints and other materials - sit down and make stuff. - December 1, 8:00 p.m. - Magical Food Potluck. Food can certainly be used for magick. Bring your favorite magical food, comfort food or holiday preparation and be ready to share the recipe! All meetings are free. Contact coveners@hotmail.com.

Hearth Witchery 101 with John M. Morris and Misti Anslin Tucker - September 19, October 3, October 17, November 7, November 21, December 5, December 19; 3:00 p.m. - A survey of religious and magical topics from the "hearth" or "kitchen" with perspective. Class will include both round table discussion and practical training. Free. Call Misti Anslin Tucker at 434-0599 or John Morris at 665-3522; seekers@cyberspace.org.

Palmistry

Palmistry with Jewel Shelden - Thursdays, October 7 - November 11, 7:00 - 9:00 p.m. - Our hands reveal character traits, talents and aptitudes, inherited health tendencies and much more. Learn to interpret the lines, signs, skin types, fingerprints, etc. \$40. Call 647-6838; marysim@umich.edu.

Parenting

Awakening A Child's Love of the Universe with Brenda Morgan - December 10, 7:00 - 9:00 p.m. - The birthing and/or raising of a child and its understanding of Life rests squarely on the shoulders of those who have made the choice to have them in their presence. Such guidance and sharing allow a child to relax into life and explore who they are with a sense of trust and confidence not available in any other way. Brenda will share, from the space of her spiritual transformation in which *Inner Enlightenment/No Mind Within* has occurred, ways to do so that address a child at his/her level of understanding. \$35. Call Susan Fancy at 665-0536.

"What we are today comes from our thoughts of yesterday,
and our present thoughts build our life of tomorrow: Our life
is the creation of our mind."

- The Buddha

Personal Growth

Psychology of the Person Seminar with Kathy Blough - Six Friday afternoons, 1:00 - 3:00 p.m., beginning October 8 - This six-week seminar is for people who wish to gain a deeper understanding of how their personality is structured, the effects of childhood on our adult feelings and behavior, understanding our relationship patterns and trouble spots, and how to change current life patterns that may be inhibiting our happiness and well-being. \$40 per session. Call 327-2040 or 930-0864.

Pay Attention! A Wellness Weekend for Women in all 12-step Programs with Joan Ebbitt and Margaret Urban - Friday, October 15, 7:30 p.m. - Sunday, October 17, 1:00 p.m. - This weekend will be an opportunity for women in AA, OA, Al-Anon, NA, ACOA, and/or other 12-step programs to attend to our dreams, wishes, needs, feelings and desires as we continue to "trudge the road of happy destiny." Through laughter, music, reflection, presentation and sharing the story of our journeys, we will "pay attention" and nourish our souls. Come, join us! \$35 deposit due at registration, with balance of \$75 to be paid upon arrival at Weber Center. Call 517/266-4000; fax 517/266-4004; Webercenter@aol.com.

Women and Self-worth - A Workshop for Women with Sandiipa and Aya - Saturday, October 9, 1:30 - 5:30 p.m. - Through the ages, women have played major roles from back seats. In our victim-oriented society, we have had a difficult climb. Yet there is still more work to do. There are issues of self-esteem, self-worth, loving yourself and personal transformation. Come and discover metaphysical and vibrational tools to overcome the condition of the ages. Come and soar to your personal place of power. This class is recommended for women of all ages, all walks of life. Teens are encouraged to attend. We are building tomorrow's women today. \$50-80 sliding scale. Call 734/207-5310.

Create Your Future: Only You Can Create Your Life and Your Work with Mike Whitty - Sunday, November 21, 1:00 - 5:00 p.m. - To follow your bliss, you might need a new kind of consultant - a life coach! It's like hiring a personal trainer for your soul, offering strategies for living your dreams. For cost of workshop, call 248/693-1021; uhec@igc.org.

New Help for Old Pain with Sheila Layla Ritter - Sunday, October 3 or Sunday, December 5; 6:00 - 8:00 p.m. - Quicker, more effective therapies are now available to help release depression, anxiety, grief, trauma, pain and addictions, and to help deal with life changes. EMDR, light therapy and spiritual therapy can help bring serenity and a positive sense of self to you. This class is an overview of how these therapies work. \$10. Call 973-0684; layla@met-arbornet.org.

HUMOR: An A-HA-ha-ha Experience with Antoinette Thoin - Thursday, October 7, 7:30 - 8:30 p.m. - Does life seem stagnant, painful, binding? Learn humorous techniques to lighten your load. Ah! Relief! \$10. Call 734/327-2800.

Friday Night Seminar with Sarah Ban Breathnach through the Church of Today - Friday, September 17, 7:00 p.m. - Breathnach is the best-selling author of *Simple Abundance* as well as *Hold That Thought* and *Something More: Excavating Your Authentic Self*. Love offering. Call 810/758-3050.

Alan Cohen through the Church of Today - Wednesday, November 3, 1:00 and 7:30 p.m. - Alan Cohen is the well-known author of *The Dragon Doesn't Live Here Anymore*, *Companions of the Heart* and *Deep Breath of Life*. Love offering. Call 810/758-3050.

Women: Taking Control of Your Life with Laurie Krauth - Ten sessions beginning in late September - Whether you are doubting your self-work, unhappy about your job or struggling with a partner or child, explore and defeat unhealthy patterns and behaviors that sabotage you. \$30/session (many insurances accepted). For dates and times, call 996-9111, ext. 234.

Explorations in Mind/Body Healing with John Friedlander, Sandra Xenakis and Haju Sunim - Essence Point offers a community gathering to explore and exchange new ideas and concepts in the areas of metaphysics, spirituality, psychic development and healing. - October 1, 7:30 p.m. - Channeled talk and book signing by John Friedlander. Free. - October 29, 7:30 p.m. - The Power of Jewelry: Gemstone Energy and How it Affects You with Sandra Xenakis. \$10. - November 18, 7:30 p.m. - Healing Night: Energy Healing led by practitioners. \$10. - December 10, 7:30 p.m. - Zen...just this, just now, just here with Haju Sunim (also known as Sukha Murray). \$10. Call 734/913-9830.

NLP: Facilitating Growth and Change with Art Giser - Saturday - Sunday, December 4-5, 10:00 a.m. - 6:00 p.m. - An unusual opportunity to integrate neurolinguistic programming (NLP) and various types of energy work. Learn and develop skills to use in working with others and for yourself. To register or for readings, call 480-7796.

Voices of Courage: The Art of Assertiveness & Communication Skills with Tanya Thunberg - Six-week groups offered regularly - Learn the art of speaking your truth and listening to

others do the same. Join a supportive group of women to discuss, practice and develop self-assertion, communication and listening skills that can be used in all of your relationships. \$120; partial scholarships available. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

Proud to be Me - A Self-esteem Workshop for Women with Tanya Thunberg - Six-week groups offered regularly - Gain practical skills to build and support the foundation of your self-esteem. Join us for a group experience and self-awareness exercises. Rediscover how wonderful you really are! \$120; partial scholarships available. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

regnancy & Childbirth

gnancy: Joy, Challenges and Transitions with Laurie Krauth • Ten sessions beginning **ate September** • Explore with others the profound changes you are experiencing and that it you as a new mother. Discuss concerns about changes in your identity, work life and tionships. \$30/session (many insurances accepted). For dates and times, call 996-9111, 234.

ildbirth Preparation Classes with Patty Brennan • Thursdays, September 9 – October 21 **class on September 30), 7:00 – 9:15 p.m. or Tuesday, October 11 – December 14, 7:00 – 5 p.m.** • Share a midwife's experience with normal birth. Six-week series prepares woman her partner for birth at home or in the hospital. Parents are encouraged to prevent nlications and make informed choices. Suggestions regarding the safe use of herbal, neopathic and other natural therapies are included. \$165 per couple. Call Patty Brennan at 1-1523; gbrennan@umich.edu.

“Man cannot discover new oceans until he
has courage to lose sight of the shore.”

- Unknown

ula Skills Training and Certification with Patty Brennan • Four-day intensive class, **ursday – Sunday, November 11-14, 9:00 a.m. – 5:00 p.m.** • Become a professional labor sistant. This class prepares you to provide sensitive, knowledgeable and skillful care as a ula at home, birth center or hospital births. Learn a wide variety of labor support strategies well as essential communication skills for doulas that emphasize establishing trust with the om-to-be and working effectively with her health care providers as part of a team. \$325; \$290 paid in full by October 21. Call Patty Brennan at 663-1523; gbrennan@umich.edu.

Professional Enrichment

he Art of Process Design with Rosalie McDermott • Tuesday, October 12, 9:00 a.m. – **Wednesday, October 13, 4:30 p.m.** • Many of us in the course of our work are called upon to ad and facilitate meetings. This workshop addresses the need for well-designed meetings ad offers participants a theory of process design that has many applications. Some of the pics to be addressed are: setting objectives, processes for conversations, power issues ithin the group, clarity and understanding of roles and awareness of the levels of commit- ent present within the group. Participants are encouraged to bring with them a meeting to e designed. \$40 deposit due at registration, with \$110 balance to be paid upon arrival at eber Center. Call 517/266-4000, fax 517/266-4004; Webercentr@aol.com.

eacher Information Fair with approximately 30 cultural and educational organizations **sponsored by the Ann Arbor News** • Thursday, October 7, 4:00 – 7:00 p.m. • Teachers and ther educators are invited to browse at tables staffed by representatives of a variety of rganizations, including museums, nature centers, libraries and much more. Learn about field ips, lesson plans, outreach, web activities, etc., all in one place! Free. Call Amy Harris at 36-5834 or Matt Linke at 647-1381 for more information.

Reiki

Reiki I with Vickie Lea Quibell • September 11, 9:00 a.m. – 1:00 p.m.; October 10, 1:00 – **3:00 p.m.** • This initiation class covers the origin and history of traditional Usui Reiki and self-reatments. Previous healing experience not necessary. The class includes attunement, ertificate and continued support. \$99. Call 734/416-5200.

Reiki II with Vickie Lea Quibell • September 26, 11:00 a.m. – 5:00 p.m.; November 7, 11:00 **a.m. – 5:00 p.m.** • Second level traditional Usui Reiki includes attunement, certificate and support in practice. Empowerment and training include three sacred symbols in use on self, ther and at a distance. Teaches hand placement and hands-on practice during class time. Previous attunement to Reiki I and working knowledge of symbols and hand placement for evel I are required. \$147. Call 734/416-5200.

Reiki Supports – Healing Clinic with Vickie Lea Quibell • September 25, 12:00 – 3:00 p.m. • Demonstration of Reiki healing. The healing energy of the Creator flows through the facilitator for healing on all levels: physical mental, emotional and spiritual. Treatment included. Love donations accepted. Call 734/416-5200.

Reiki III with Vickie Lea Quibell • Class being formed, late October • Reiki Master Certification class trains an individual in the process of teaching Reiki and initiating other Reiki practitioners. Review of Level I and II, symbols, and hand placement, and attunement to third degree/Master level. Complete manual, including outline for teaching, certificate and ongoing support. Previous attunement to Reiki I and II and working knowledge of symbols and hand placements. \$333. To register, call 734/416-5200.

Reiki III Master Certification with Steven Falcone • Sunday, September 12, 10:00 a.m. – **3:00 p.m., or Sunday, October 10, 10:00 a.m. – 3:00 p.m.** • The Reiki Master Certification trains an individual in the process of teaching Reiki and initiating other Reiki practitioners. In this class you will learn a review of Level I and II, the Usui Master symbol, body positions to increase energy, traditional and alternate methods of passing attunements, suggested course outlines for teach Reiki, a complete course manual, Master attunement, a Reiki Master certificate and lunch. \$390. Call 449-8111 or 1-800/311-9914.

Curious About Reiki? Free Introductory Talk with Suzy Wienckowski • Wednesday, Octo-ber 6, 7:00 – 9:00 p.m. • Reiki Alliance Master Suzy Wienckowski speaks on the Usui System of Reiki Healing. In this ancient, hands-on healing art the Universal Life Force is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Free mini-treatments will be offered for those wishing to stay after the talk. Free. Call 668-8071.

First Degree Reiki Class with Suzy Wienckowski • September 17-19: Friday 7:00 – 9:30 p.m., Saturday 9:30 a.m. – 4:00 p.m., and Sunday 9:30 a.m. – 12:30 p.m.; or November 12-14, Friday 7:00 – 9:30 p.m., Saturday 9:30 a.m. – 4:00 p.m., and Sunday 9:30 a.m. – 12:30 p.m. • Reiki is an ancient, gentle, hands-on healing art. Reiki is easily learned by all and after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain and restores balance and harmony on all levels: body, mind and spirit. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four individual initiations. Certificate is awarded. \$150. Call 668-8071.

Second Degree Reiki Class with Suzy Wienckowski • October 22-23, Friday 7:00 – 9:00 p.m., and Saturday 10:00 a.m. – 4:00 p.m. • Second level of training of the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy, enabling the practitioner to heal on a deeper level and to send Reiki at a distance. Certificate awarded. (First Degree training is a prerequisite.) \$500. Call 668-8071.

Healing Night at Lighthouse Center • Third Wednesday every month, 7:00 – 9:30 p.m. • Hands-on Reiki healing. Open to the public. No cost; love offering. Call Prachi at 734/449-4381.

First Level Reiki Workshops with Ray O. Golden • Saturday, September 18, 9:00 a.m. – 6:00 p.m.; Saturday October 30, 9:00 a.m. – 6:00 p.m.; or Sunday, November 21, 9:00 a.m. – 6:00 p.m. • In the level one workshop the student receives ALL the traditional attunements to the Reiki energy, learns to facilitate others' healing and in addition learns self-healing techniques. \$95, including manual and certificate if preregistered a week in advance; \$125 after that. Call 663-6075.

Second Level Reiki Workshops with Ray O. Golden • November 6-7, Saturday 6:00 – 10:00 p.m. and Sunday 10:00 a.m. – 4:00 p.m. • In the level two workshop traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and powerful distance healing techniques. \$180 if preregistered a week in advance; \$225 after that. Call 663-6075.

Free Reiki Introduction and Healing Night with Ray O. Golden • Thursdays: September 2, October 7, November 4, and December 2; 7:00 – 9:00 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-6075.

Sacred Sites

Irish Sacred Sites with Wallace Smith • Friday, October 8 • Slide presentation with a look at some of the standing stones, stone circles, cairns and ceremonial sites such as Loch Gur, 7 Sisters, Lough crew, Newgrange and other sites dating back 2500-5000 years ago. Sliding scale, \$10-25. Call 248/693-1021; uueac@igc.com.

Shamanism

Welcoming Reception and Book Signing with John Perkins and “The Gathering of Shamans” at Crazy Wisdom Bookstore • Tuesday, September 14, 11:30 a.m. – 1:30 p.m. • Crazy Wisdom Bookstore is hosting this reception in honor of the shamans in their beautiful new tea room. Please drop in and take this opportunity to personally be with and meet John Perkins – author, ecologist and founder of Dream Change Coalition – and his guests, master indigenous shamans from the high Andes and the Amazon rainforest. For more information, call 669-0336; LNLYTLE@aol.com.

“A Gathering of Shamans with John Perkins” with indigenous master shamans from the Amazon rainforest and the Andes Mountains • Tuesday, September 14, 7:00 – 9:00 p.m. (pre-vent begins at 6:30 p.m.) • Join John Perkins and tribal shamans from deep in the Amazon and high in the Andes as they commemorate the beginning of the “Fifth Pachacuti,” a new epoch of environmental and social balance. This propitious gathering has its roots in the Prophecy of the Condor and the Eagle, which anticipates the marriage of the North and the South and the beginning of a new age of partnership, love and healing. This group of South American shamans, some leaving their homelands for the first time, are the ones John writes about in his books and have trained him for three decades. They are also the ones who, with John, founded Dream Change Coalition, which has as its goals to inspire Earth-honoring changes in consciousness, conserve forests and apply indigenous wisdom in ways that foster environmental and social balance and a sustainable future. Join them for an extraordinary evening at the Michigan League Ballroom and learn about the ancient secrets of their healing, dreamchange and shapeshifting. Come early for an informal viewing of dramatic film clips of the Shuar Indians in the Amazon rainforest; once infamous for shrinking heads, they are now famous among medical researchers for their powerful shamanic healing techniques. Also witness healings on film of the unusual fire-blowing shamans who will be with us. \$5 at the door. For more info, call 669-0336; LNLYTLE@aol.com.

The Crazy Wisdom Calendar

Shamanism (continued)

"A Gathering of Shamans with John Perkins: Workshop and Healings" - Wednesday, September 15, 9:00 a.m. - 9:00 p.m. - Spend the day with John Perkins and some of the world's most powerful South American shamans (see above listing) at a wooded lakeside retreat center 20 miles west of Ann Arbor. John describes the day as "an experiential adventure for those who want to change our communal dream to a more Earth-honoring one, energize personal power and apply indigenous wisdom to shapeshift the way we live - it is for all who desire to serve the Earth through self-awareness." Workshop will include demonstrations and explanations of the various healing traditions and techniques used by the shamans. They represent many cultures, including Quechua, Cotopaxi, Otavalo, Uru-e-wau-wau and Shuar. There will also be an opportunity to sign up for personal healings. The day will conclude with an evening Fire-and-Water Celebration to welcome the union of the Eagle and the Condor. \$125 for the workshop; \$75 for healings. Call 669-0336; LNLYTLE@aol.com.

Beginning Mother Earth Adventure: Three Days of Ritual and Healing with Mateyo Empie, the Medicine Woman - August 31 - September 4, including travel time - Allow Mother Earth to sweetly hold you on one of her most isolated Lake Superior beaches during three days of rejuvenation. Dance in the light of the moon on a sheer cliff 200 feet high; cleanse your spirit in the Ojibway "land of thunder and the gods." Beginners welcome; no ritual or backpacking experience necessary; all food, hotel and equipment luxuriously provided. \$480, with a \$40 discount for paying by August 12. Discounts available for providing some of your own equipment, transportation, etc. Call 663-5505; Snakewillo@aol.com.

**"Be realistic: Plan for a miracle."
-Bhagwan Shree Rajneesh**

Interfacing with the Landscape and its Choir of Inhabitants: Shamanism on the Trail with Phil Rogers - After beginning with breathing, movement and other exercises to alter one's vision, we will head out on the trail, learning to dance our power animals to spread ourselves through the landscape. Object: Acquaintance/communion with the spirits of trees, rocks, trails, streams, birds, etc. Evening: Water ceremony, brief performance. \$50. For date and time, call 647-5123; cuzco@umich.edu.

Using Shamanic and Ritual/Ceremonial Methods in Conjunction with Movement Exercises to Promote Personal Healing, Group Healing and Healing of the Earth with Phil Rogers - Breathing exercises to enhance to immune system. Learning to source the three worlds with your energy body. Dancing with your power animal. Creating a group energy body; accessing the central fire. Connecting with the energy body of the Earth. Evening performance. \$50. For date and time, call 647-5123; cuzco@umich.edu.

Using Shamanic and Ritual/Ceremonial Methods to Access and Enhance Creativity with Phil Rogers - After creating sacred space, we will use various energy body exercises as entry points/doorways for exploration of individual and group creativity. In the evening there will be a performance for those who wish to attend. \$50. For date and time, call 647-5123; cuzco@umich.edu.

Empowerment Healing: A Transformative Weekend Workshop with Mateyo Empie, the Medicine Woman - September 10-12, or November 12-14: Friday evening, Saturday all day and evening, and Sunday until 2:00 p.m. - An introduction to shamanic healing practices, ancient and modern. Learn grounding, creating sacred space, using your luminous healing body (wira cocha), channeling healing energy, setting boundaries in relationships, raising spiritual energy, the Peruvian fire ceremony, types of spirit guides, vitalizing and repairing the aura and other tools to heal and empower ourselves. Packed with the most effective tools of transformation, this class is the first in a year-long series around the Medicine Wheel of Healing, Mystery and Vision. \$225, with a \$25 discount for paying by August 27. All payments held until the event. Call 663-5505; Snakewillo@aol.com.

Shamanic Gathering with Kate Durda and Stephanie Tighe - October 23, 10:00 a.m. - 5:00 p.m. - The purpose of this gathering is to bring together persons from different shamanic traditions to share knowledge, meet one another and learn from each other. The day will consist of sharing and ceremony. \$20. Call 517/482-4699; kmux02a@prodigy.com.

The Way of the Shaman: The Shamanic Journey, Power and Healing with Myron Eshowsky - September 25-26 - During this experiential workshop, participants are introduced to core shamanism and are initiated into shamanic journeying for experiencing the shamanic state of consciousness and for awakening dormant spiritual abilities and connections with nature. \$195. Call Stephanie at 517/482-4699 or 517/887-5237; kmux02a@prodigy.com.

Shamanism, Dying and Beyond with Myron Eshowsky - November 13-14 - Participants learn how to deal with the issue of death and dying from a shamanic perspective. The workshop is both for those who wish to learn for themselves, and for those who wish to help others who are facing death or who have already died. Experiences include becoming familiar with the territories where one goes after death, tracking a person using shamanic journeying, completing unfinished business, helping a person cross over and classic psychopomp work. Prerequisite: The Basic Workshop (The Way of the Shaman) taught by a Foundation for Shamanic Studies faculty member. \$175 by October 23; \$195 after. Call Stephanie at 517/482-4699 or 517/887-5237; kmux02a@prodigy.com.

Singing & Songwriting

Fifth Annual Evening of Sacred Song with Sacred Song Singers - Saturday, December 11, 7:30 p.m. - A seasonal celebration of song from many traditions. The concert will benefit Peace Neighborhood Center. \$5-25 suggested donation. Call 741-8541 or 913-9861.

Voice for the World Singing Class with Jesse Richards - Nine weeks; sessions start September 9 and September 11 - Beginning level (have never studied with Jesse before), Saturdays 10:00 - 11:30 a.m.; continuing level (have studied with Jesse before), Thursdays 5:30 - 7:00 p.m. - Voice for the World Singing Class combines the solid teaching of vocal technique, group sharing and a supportive space to perform in front of others. We also explore voice as a means to personal and planetary healing. Jesse also teaches private holistic singing lessons. \$90. Call 995-2972.

Spiritual Development

Evening Satsangs and Retreat with Eli Jaxon-Bear - Evenings: September 9-10, 7:30 - 9:30 p.m.; retreat: September 11-12, 10:00 a.m. - 6:00 p.m. - Satsang is a Sanskrit word meaning association with the Truth of who you really are. In our time together we will sit in meditation engage in dialogue, and questions and open in the silent truth of Being. \$10 evening Satsangs \$190 retreat. Call John Cardwell or Sue Ericksen at 994-5320; ICARDW5003@aol.com.

Diamond Heart, A.H. Almaas Study Group with John Cardwell and Lou Weir - Every other Thursday evening, starting September 23, 7:30 - 9:30 p.m. - An ongoing study group of the work of A.H. Almaas and his Diamond Heart School. We utilize meditation, enquiry, sharing of experience and discussion of material read. Free. Call John Cardwell at 994-5320 or Lou Weir at 663-1675; ICARDW5003@aol.com.

GROWTH Workshop with Jonathan Ellis - Tuesday, October 12, 7:30 - 9:00 p.m. - This program is offered for individuals who are on an independent spiritual path and would like to learn a simple, yet deepening approach to daily spiritual growth. The letters in the word GROWTH correspond to six spiritual ideas: Growing, Renewing, Opening, Wholeness, Trust and Harmonizing. Jonathan Ellis will teach a meditation using these six principles that he has developed over many years as an independent spiritual director. Free and open to all interested. For information, call Jonathan at 668-6672.

Children's Sunday School at Lighthouse Center - First and third Sundays, 11:00 a.m. - 12:30 p.m., September - June - Classes in spiritual development for children, ages 4-teens whose parents are mantra meditators. Principles of metaphysics, mantra meditation, Christianity and world religions are taught at different age levels. \$25 per family per year for expenses. Call Nirmala at 663-2218.

Spirituality for the 21st Century with Visitation staff - Thursdays, September 30, October 21, November 11; 7:30 - 9:00 p.m. - "Our spirituality is what we believe and image and how it influences our lives, relationships and worship." - Michael Morwood, msc. How will we keep alive the foundational Christian truths about God, Jesus and ourselves in the new millennium? In his fascinating work, *Tomorrow's Catholic*, Morwood challenges us to integrate our Christian legacy into a contemporary world view. The format of each evening will include reflection and conversation around a specific topic. Reading of the text is expected. \$30 series (includes book). Call 734/242-5520; visitation@teleweb.net.

Creating Sacred Space for Change: A Two-day Seminar in Locating and Enhancing Clients' Stories of Spiritual Strength with JoAnn Allen and Don McAviney - Thursday and Friday, October 14-15, 9:00 a.m. - 4:00 p.m. - This seminar opens a conversation of surfacing and enhancing the sacred within clients' lives. Through creative discussion, practice and experience, a narrative therapy approach to spirituality will be explored. Topics include beginning the sacred narrative between therapist and client, problems as sacred, "dangerous opportunities" and more. \$140 (limited to 30 participants). Call Don McAviney at 505/466-4181; lisadon@concentric.net.

Gospel Light: Jesus Stories for the 21st Century with John Shea - Saturday, October 2, 9:00 a.m. - 4:00 p.m. - Jesus lamented that people had eyes but did not see and ears but did not hear. They were blind and deaf to the spiritual dynamics that pulsed through everyday life. In opening ourselves to the Gospel stories we can sharpen our sight and hearing by allowing them to lead us into the depths of ourselves, our world and the Divine Source. Registration by September 10, \$25, balance \$30; registration by September 24, \$35, balance \$30. Call 734-242-5520.

Love Awaits You with Brenda Morgan - October 8, 7:00 - 9:00 p.m. - There is nothing you have to do to "get" love, for it is feeling in relationship to God, to the Universe Itself. Brenda's spiritual transformation in which *Inner Enlightenment/No Mind Within* has occurred will be the basis for this evening's sharing. \$35. Call Susan Fancy at 665-0536.

Gathering in Spirit with Brenda Morgan - October 9 or December 11, 9:00 a.m. - 4:00 p.m. - A day-long spiritual intensive (each intensive is unique) for those wishing to deepen their spiritual/meditative practices and openness to God. Brenda's spiritual state of *Inner Enlightenment/No Mind Within* catalyzes one's opening to the Universe. Only a sincere heart in opening to Spirit is necessary; the particular religious structure chosen should not conflict with the day's activities. The exercises and meditation provide opportunities to see personal egoic strategies and resistances to God and how to return attention to the meditation/prayer process. No experience necessary. \$85. Call Susan Fancy at 665-0536.

More Hot Chocolate for the Mystical Soul with Arielle Ford through the Church of Today - Tuesdays, October 13, 1:00 and 7:30 p.m. - Ford is the author of *More Hot Chocolate for the Mystical Soul*. Love offering. Call 810/758-3050.

Is and Prerequisites for Enlightenment with Ema Stefanova - November 21, 10:00 a.m. - 3:30 p.m. - What is, in fact, enlightenment? Why get enlightened? The tools and requirements as well as ways people can get enlightened (according to yoga tradition). These questions and a few practices will be covered. \$60. Call 665-7801; emaStefanova@CompuServe.com.

Power of Life Workshop - 2000+ with Lorna Brown - Saturday and Sunday, October 9-10, 9:00 a.m. - 5:00 p.m. each day - Understand sacred geometry and learn to reactive your Merkaba energy field for ascension, healing, your connection with higher self and fully opening the heart. Helps to realize the connectedness of all life and your purpose in it. Based on the work of Drunvalo Melchizedek. \$222. Call Lorna at 734/428-8748; starlabrow@aol.com.

Culture Discussion Evenings sponsored by the Great Lakes Pathwork, Inc. - Second Friday of every month, 7:00 p.m. - Informal gathering to read and discuss Pathwork lectures. These events contain a unique mix of psychological and spiritual concepts. Free. Call Nick Meima 63-5853.

Power of Life Revisited (especially for Flower of Life graduates) with Lorna Brown and Norma Gentile - Saturday, October 16, 10:00 a.m. - 6:00 p.m. - Reconnect with old friends and fellow graduates to review the basic MerKaBa techniques, work on the new Eighteenth Path and Christ Spherical Breathing, and catch up on the latest news. We'll show you how to develop some practical uses for your activated field, including setting a sacred space and doing with angelic guides. As a special bonus, Norma will lead a channeled Sound Meditation given to her from the Hathors which charges the MerKaBa and Christ Consciousness here. \$55 if paid in full by October 1 (\$66 thereafter), which includes a catered lunch. \$25 deposit requested. Please make checks payable to Essence Point, P.O. Box 1212, Ann Arbor, MI 48106. For more information, call Lorna Brown at 734/428-8748 (starlabrow@aol.com) or Norma Gentile at 734/332-4606 (norma@healingchants.com).

Power of Life 2000+ Workshop with Chris Meier - November 5 (5:00 - 9:00 p.m.), November 6 (10:00 a.m. - 5:00 p.m.), November 7 (10:00 a.m. - 5:00 p.m.) - During this workshop present the Merkaba activation and Unity meditation brought forth by Drunvalo Melchizedek. Work to awaken memory and enliven communication with higher guidance. \$222; a \$111 deposit holds your place. Call 484-0785; cmeier235@msn.com.

Rudjiff - Ouspensky - A Fourth Way School with Jeanie Wayker - Tuesdays, 7:00 p.m.; introductory meetings Wednesdays 7:00 p.m. and Sundays at 2:00 p.m. - This teaching is based on the idea that a change in the level of one's knowledge must be accompanied by a change in the level of one's being. The school provides the necessary conditions for actualizing this aim without retreating from life. A person in their ordinary conditions uses only the lower, more mechanical parts of their being. With the help of this school, which is derived from Higher Mind, we acquire the possibility of coming in contact with our higher functions and fulfilling our potential as human beings. No charge for introductory meeting. Call 734/7-2477; search.highercosmos.com.

Storytelling

Express Yourself with Antoinette Thoin - Thursday, December 2, 7:30 - 8:30 p.m. - An opportunity for spontaneously expressing yourself. Free. Call 734/327-2800.

Love Storytelling! with Antoinette Thoin - Sunday, September 19; October 17 - Families welcome! Playful participation. Exciting tales of adventure. Meet Thgil, the Brave, and the forces of EEK. Figure out the Secrets of Leahcim. Join in as Blue faces the Shadow of Luck. Donation. Call 734/327-2800.

Storytellers Retreat - 99 with Debra Christian, Robert Jones, Ron Lowe and others - Friday evening through Sunday afternoon, September 24-26 - Discover the wisdom of the keeper of tales. Join us in an inspirational weekend adventure that explores the art of storytelling. This weekend is full of camaraderie that brings you into the storytelling community. Full weekend \$199; Saturday only \$125. Call 734/451-1128 or 734/414-6366; PACookie2@aol.com.

Mythic Moment - Finding Your Ancient Eye with Rafe Martin - Saturday, September 18, 10:00 a.m. - 3:00 p.m. - Regain your original perspective through hearing, understanding and learning to tell stories! \$45-75 with potluck lunch. Call 248/693-1021; uhea@igc.com.

Stress Reduction & Relaxation

Relaxation Workshop at Zen Buddhist Temple - Saturday, October 30, 9:00 a.m. - noon - The session is based on a five-step approach for becoming fully aware: relaxation of one's body, mind, peace of mind and happiness, life is breath, mindful breathing is awareness and awareness is awakening in this moment of life. Call 761-6520.

Mindfulness-based Stress Reduction Program with Glenn Burdick - 10 weekly sessions, beginning December, 7:00 - 9:30 p.m. - Based upon the work of Jon Kabat-Zinn, Ph.D. A meditation-based approach to learning to cope effectively with stress, pain and illness. Includes mindfulness meditation, yoga and mind/body principles. This program offers an intensive opportunity to develop new levels of insight and skill in dealing with the full range of life experiences skillfully. It is ideal for individuals coping with a significant level of stress, a stress-related medical disorder, chronic illness or terminal illness. The program is offered three times each year: fall, winter and spring. For more information, call Glenn Burdick at 973-7377, ext. 103.

Stress Management Through Yoga Breathing with Ema Stefanova - November 7, 10:00 a.m. - 12:30 p.m. - Yogic management of threefold tensions - muscular, mental and emotional - will be explained. The mechanism of recharging and revitalizing using yoga breathing techniques will be demonstrated and practiced. Participants should eat a light breakfast. \$60. Call 665-7801; EmaStefanova@CompuServe.com.

The Art of Relaxation and Visualization with Ema Stefanova - Saturday, September 25, 4:15 - 6:45 p.m. - Deep relaxation (Yoga Nidra) and pure visualization (Chidakasha Dharana) will be practiced. The latter is a technique "which can unlock the gates to the secret realms of awareness, the stages of the mind and states of consciousness which are now beyond our mortal sight." (Swamiji 81). \$60. Call 665-7801; EmaStefanova@CompuServe.com.

Tai Chi & Martial Arts

Golden Shield Chi Gong Demonstration with Randy Martens at Washtenaw County Service Center Library - September 16, 7:30 p.m. - Golden Shield Chi Gong is vastly different from other more traditional styles of Chi Gong in that it is designed to build the human energy body very quickly. This, in turn, strengthens the physical body and internal organs, thereby stimulating the immune system and promoting overall health and healing. Free. Call 248/420-7622.

Chinese Healing Kung Follow-up with Victor Chao through Magic Dragon Studio - Mondays and Thursdays, 7:00 - 9:00 p.m. - Bagua, Xingyi, Qigong and Tuina bodywork offered. Bagua uses inner power in winding, wrapping curves of whole body movement. Regular practice helps join body, breath and mind. \$50-80 per month. Call 663-8073; victor_chao@juno.com.

"Of a certainty the man who can see all
creatures in himself, himself in all creatures
knows no sorrow."

-Eesha Upanishad

Tai Chi Chuan Advanced Form with Evie Craig - Six Tuesdays, September 7 - October 12, 7:00 - 8:15 p.m. - This series will focus on a more complicated form. Those attending need to be very familiar with the basic form. Prerequisite: Attendance at two previous beginner series. \$45 series. Call 734/242-5520; visitation@teleweb.net.

Shaolin Temple Strength Training with Michael Gillespie - Basics: Tuesdays, 7:30 - 8:30 p.m.; advanced: 8:30 - 9:30 p.m. - Iron palm, chigung, tiger, praying mantis, long fist, and Pakua. Basics: \$15 per class. Advanced: Cost varies. Call 734/528-9223.

Tae Kwon Do with Tom Hart - Tuesdays, October 5 - November 9, 7:00 - 9:00 p.m. - Open to all skill levels, this class will teach a comprehensive style of self-defense, building upon a solid foundation of traditional Tae Kwon Do. This style adds a variety of self-defense techniques that borrow from Aikido, Judo and police defense tactics. Tae Kwon Do emphasizes personal development, self-defense and harmonization of mind, body and spirit. \$40. Call Maryann Simons at 647-6838; marysim@umich.edu.

Beginning Tai Chi Chuan with Aiji Phipo - Thursdays, October 7 - November 11, 6:00 - 7:00 p.m. - Tai Chi Chuan is an internal Martial Art that focuses on using the mind to perform the movement, not brute strength. Its slow, graceful movements and relaxed breathing process can contribute to a general improvement in health by relaxing mind and body as well as improving balance and concentration. \$40. Call Maryann Simons at 647-6838; marysim@umich.edu.

Cardio Kick-boxing with Nia Aguirre - Thursdays, October 7 - November 18, 7:30 - 8:30 p.m. - A well-balanced cardiovascular workout incorporating kick-boxing moves such as jabs, punches, kicks and drills. Voted one of the top ten workouts by Shape magazine. Also included are exercises for the abdominal muscles and a feel-good stretch. Taught by a Kick-Fit kick-boxing certified instructor. \$40. Call Maryann Simons at 647-6838; marysim@umich.edu.

Kara-Te-Robics with Edward Jackson through Ann Arbor YMCA - Mondays, Wednesdays starting in September, 5:30 - 6:30 p.m. - Low impact aerobic based on traditional karate. Emphasizes self-defense, yoga, Qigong. \$70; \$18 members. Call 665-0536.

The Crazy Wisdom Calendar

Tai Chi and Martial Arts (continued)

Chen Style Tai Chi Chuan through Great Lakes Wushu · New beginning class starts September 9; Mondays 6:00 – 7:00 p.m., Thursdays 6:00 – 7:00 p.m., Saturdays 10:00 – 11:00 a.m. · Students begin learning a 36-movement linking form as well as basic training, including stances, kicks and silk-reeling energy. \$60 per month. Call 994-5980; ribumi@earthlink.net.

Tai Chi Chuan Beginner Class with Wasantha Young of Peaceful Dragon School · Thursdays, 6:00 – 7:15 p.m. and/or Saturdays, 11:15 – 12:30 p.m., September 16 – November 20 · Tai Chi Chuan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of well-being are enhanced through these techniques as well as Tai Chi Chuan's enhanced unique, slow and graceful movement and breathing coordination. Tai Chi Chuan is often characterized as "meditation in motion" because of the stillness that is exemplified in its motion. \$165. Call 741-0695; www.peacefuldragonschool.com.

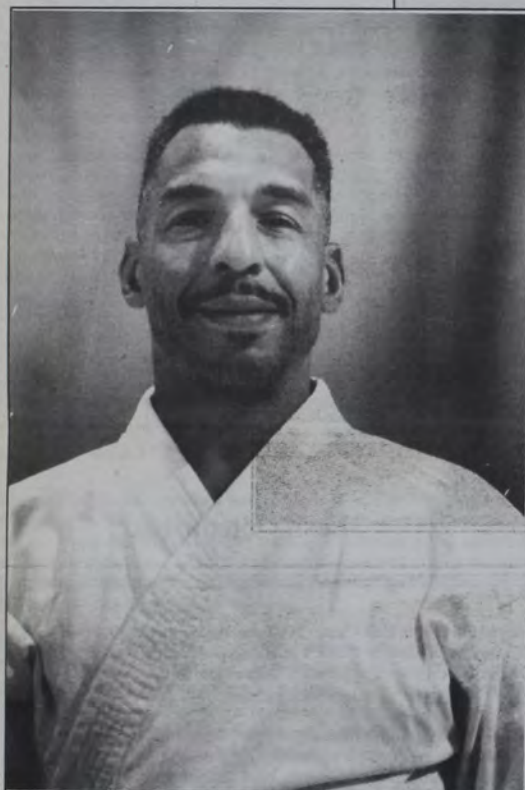


Photo by Linda Lawson

Martial Arts teachers Ed Jackson (left) and Morris Lawrence Jr. (right)

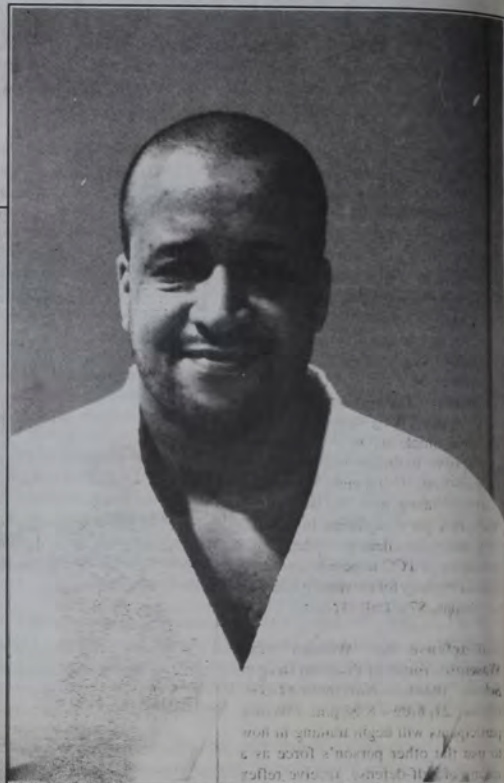


Photo by Linda Lawson

On opposite page: Ed Jackson's Cardio Karate class, and the Advanced Karate class being taught by Morris Lawrence Jr.

Form Progression (Ongoing) with Wasantha Young of Peaceful Dragon School · Tuesdays, September 14 – November 16, 7:00 – 8:00 p.m. · After completing the Tai Chi Chuan solo form, students who would like to continue their study can join this class, where the form and its basic principles are focused on to develop the quality of the student's comprehension and experience of the art. There is more individualized attention given to deepen the student's insight of their body/mind connection, locating and dissolving tensions and understanding the dialogue between the body, mind and spirit. \$125. Call 741-0695.

Push Hands (Ongoing) with Wasantha Young of Peaceful Dragon School · Wednesdays, September 15 – November 17, 7:00 – 8:00 p.m. · Push Hands is a two-person exercise that studies the interaction of forces. Through some of the primary movements in the TCC form, in interaction, students explore the Push Hands principles of how to listen, adhere, yield and neutralize force. These principles expand beyond the interaction in class and hold the understanding of potential relationships in conflict resolution, and corporate, political and the basic dynamics between groups and individuals. As a student develops in this class they move out of the choreographed movements into "freestyle" Push Hands. Note: Students must have completed the TCC form before enrolling in this class. \$125. Call 741-0695.

Application (Ongoing) with Wasantha Young of Peaceful Dragon School · Wednesday September 15 – November 17, 8:00 – 9:00 p.m. · As a martial art, every movement within the Tai Chi Chuan (TCC) form holds a self-defense technique. These techniques are curtains while practicing the form, but are nonetheless a part of the dynamics of the form's momentum in movement. Learning the application of the physical mechanics of TCC, and how to use the other person's force as a means of self-defense, adds to one's feeling of prowess that enhances the holistic feeling, unrelated but oh so related to one's well-being. Within this class students

will not only use the TCC form movements, but receive reflex training, work out with basic kicks and punches, and explore light contact self-defense training using the TCC principles of 'soft power'. \$125. Call 741-0695.

Tai Chi Sword with Wasantha Young of Peaceful Dragon School · Saturdays, September 18 – November 20, 3:30 – 4:30 p.m. · The TCC Sword Form (double-edged) is the most fluid of all the forms in TCC. Because of its fluidity, it represents the element water and is therefore considered the highest of all the weapons forms, following the Taoist philosophical thought that "softness prevails over hardness as water prevails over all obstructions to its flow." \$125. Call 741-0695.

Fundamentals of Chi Kung with Wasantha Young of Peaceful Dragon School · Tuesday, September

14 – November 16, 9:00 – 10:15 p.m. · Chi Kung is a type of Chinese yoga. This class will focus on Chi Kung's soft and hard fundamental techniques; Chi Kung Buddhist, Taoist, Medical and Martial styles; mind/body coordinated movement; breathing techniques; stretching and introduction to the energy pathways (meridians) of the body. \$165. Call 741-0695.

Wild Goose Chi Kung with Wasantha Young of Peaceful Dragon School · Saturdays, September 18 – November 20, 10:00 – 11:15 a.m. · This graceful form combines the fundamental techniques of Chi Kung as it playfully and gently stretches the muscles, opens the joints and simultaneously stimulates the body's principle energy pathways. It is a continuous form of 64 movements and takes approximately 15-20 minutes to perform, offering the body a complete exercise routine. \$165. Call 741-0695.

Tai Chi Chuan Classics with Wasantha Young of Peaceful Dragon School · Saturdays, September 25 – October 16, 6:30 – 8:30 p.m. · The development of TCC as an art has been ongoing since its conception. There are many ancient written texts referred to as the "classics" that add great depth and understanding to the principles of the TCC form. In this class, students explore some of the ancient and lost classics, commentary by other scholars on TCC, as well as ponder their own experiences and insights on the art. Some great poetry and sharing is bound to come out of this class. \$75. Call 741-0695.



Photos by Linda Lawson

The 8 Ways with Wasantha Young of Peaceful Dragon School • Tuesdays, November 30 – December 21, 9:00 – 11:00 a.m. • The 8 Ways was created by Professor Cheng Man-ching. They are eight simple and relaxing exercises to improve mobility and mind/body coordination. Using eight images and corresponding movements, The 8 Ways is a good beginning in learning TCC and is excellent in presenting the principles of TCC to people who have limited memory for movement and time limitations. \$75. Call 741-0695.

Self-defense for Women with Wasantha Young of Peaceful Dragon School • Tuesdays, November 30 – December 21, 6:00 – 8:00 p.m. • Women participants will begin training in how to use the other person's force as a means of self-defense, receive reflex training, work out with basic kicks and punches, learn how to stay away from grabs, learn where and how to use different body strikes, and explore light contact self-defense training using the Tai Chi Chuan principles of soft power through Push Hands (see description). Note: This is a women only class. \$75. Call 741-0695.



Tarot & Divination

Tarot Readings in the Tea Room with Jeanne Adwani at Crazy Wisdom Bookstore and Tea Room • Wednesdays: September 22, October 6, October 20, November 3, November 17, December 1, December 15; 6:00 p.m. • Readings will be as they evolve. They will be co-creative and non-prophetic. How is your energy moving? Where can you find empowerment? What is your story? \$20 half hour, \$40 1 hour. Call 517/522-6085; jadwani@yahoo.com.

Tarot: A Story of Demystification and Empowerment with Jeanne Adwani • Friday, October 29, 6:30 – 9:00 p.m. • Tarot – its many stories, its many possibilities. Can anyone do it? Elements, archetypes, fools, priests and priestesses are we all. Pull a card and see. \$80. Call 517/522-6085; jadwani@yahoo.com.

Learn Gypsy Tarot with Philip Maguire • Three Wednesdays: October 6, 13, 20; 7:00 – 9:00 p.m. • Minimum enrollment 10; otherwise class will be canceled. • The Gypsy Tarot has been used by psychics, clairvoyants and fortune tellers for the past 200 years in Europe. The cards are nothing more than instruments used as focal points to help the reader put their thoughts into perspective. Nevertheless, this 36-card pack, approximately half the size of the original Tarot, has an uncanny way of helping the user focus very clearly on what is going on in their own life or in the lives of their clients. Join Philip for three evenings and learn how to use these beautiful cards for your own use and for use as a psychic reader. He originally was taught the Tarot by a Romanian Gypsy woman. The Gypsy Tarot cards, purchased in Europe by Philip, may be bought for \$10. The class is \$25 per evening; \$65 for all three classes. Call 734/207-5310.

Tarot and Psychic Development #1: A Transformative Weekend Workshop with Mateyo Empie, the Medicine Woman • October 8-10; Friday evening, Saturday all day (not evening) and Sunday until 2:00 p.m. • Explore your psychic gifts with the Tarot and other oracles. Covers grounding and centering; choice, care and feeding of your deck; entering a card; setting psychic boundaries; enhancing your ability to find a personal set of meanings for the cards (no memorization); and much more. Each student will receive a short reading by the instructor. A fun class with concrete results, it is the first in a six-month series leading to professional level expertise. \$225, with \$25 discount for paying by September 24. All payments held until event. Call 663-5505; Snakewillo@aol.com.

Divining with the Picture Stones with Jewel Shelden • October 23, 2:00 – 4:30 p.m. • Learn to do readings as your ancestors did in "olden times" with natural stones. Powerful life and situation outcomes can be revealed through your natural gifts of intuition assisted by the picture stones. Since this method is easier to learn than cards or runes, you can begin immediately to do readings for yourself and friends. \$35. Call 998-0604.

Beginner's Tarot with Pamela Zuch • Six consecutive Thursdays, beginning September 9; 7:00 p.m. • Introduction to Tarot. Major, minor, Arcana, colors, numbers and other information will be presented to give a working knowledge of Tarot. \$150. Call 734/416-5200.

Theatre

Improv for Young People with Todd Hohauser-Thatcher at New Center • November 6, 9:00 a.m. – 3:00 p.m. (lunch not provided; please bring brown bag lunch) • Class will offer students an opportunity to learn and use improv in many situations. There will be games, role play and much fun playing and exploring each person's innate creative talent. \$90. Call 734/913-9733.



Empatheatre's Second Performance: Blessed Events at Kerrytown Concert House with Judy Sauer, Drew Sauer, Todd Hohauser-Thatcher, Gail Rowland, Diane Kreger, Jerry Lemenu, Kathy Ritter and Ce'Ann Yates • November 19; doors open at 6:45 p.m., performance 7:30 p.m. • Empatheatre is Ann Arbor's only professional improv group, trained in drama therapy, psychodrama and improvisation. Admission: \$15 (first four rows), \$12 regular, and \$8 for seniors and students. For reservations, call 769-2999.

Empatheatre: Time at Kerrytown Concert House with Judy Sauer, Drew Sauer, Todd Hohauser-Thatcher, Gail Rowland, Diane Kreger, Jerry Lemenu and Kathy Ritter • December 10; doors open at 6:45 p.m., performance 7:30 p.m. • Empatheatre is Ann Arbor's only professional improv group, trained in drama therapy, psychodrama and improvisation. Admission: \$15 (first four rows), \$12 regular, and \$8 for seniors and students. For reservations, call 769-2999.

The Crazy Wisdom Calendar

Theater (continued)

Empatheatre: The Monster in the Closet at Kerrytown Concert House with Judy Sauer, Drew Sauer, Todd Hohaus-Thatcher, Gail Rowland, Diane Kreger, Jerry Lemenu and Kathy Ritter - October 15; doors open at 6:45 p.m., performance 7:30 p.m. - Empatheatre is Ann Arbor's only professional improv group, trained in drama therapy, psychodrama and improvisation. Admission: \$15 (first four rows), \$12 regular, and \$8 for seniors and students. For reservations, call 769-2999.

Therapy & Support Groups

Lesbian & Bisexual Women's Support Group with Elizabeth (Eli) Davis - Eight-week groups offered regularly - Come for discussion and interpersonal activities in a supportive setting. Choose among such topics as self-definition, body image, families of origin and choice, and Internet relationships, to name a few. Sliding scale. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

Women's Circle: A Self-discovery Group with Soundings Staff - New group offering - Could you benefit from a women's group that combines therapy, education and support? Do you wish to clarify your inner goals, learn about the beliefs that hold you back and discover healthy ways to move forward? Soundings is interested in leading a group of women desirous of self-exploration and growth. If such a group sounds intriguing, call and let us know. For more information and registration, call 973-7723; <http://comnet.org/local/orgs/helpsource>.

The Original Divorce & Beyond Support Group with June Spriggs - Eight-week groups offered regularly - Information and resources for negotiating the many life transitions associated with divorce. The group process offers opportunities to share experiences and encourage strength-based skill building, self-care, empowerment, choice and decision making with other women in a safe and nonjudgmental setting. \$160; partial scholarships available. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

"Take heart, truth and happiness will get you in the end. You can't lose in this game. Have fun. It goes on too long to be taken seriously all the time."

-John and Lyn St. Clair Thomas

The Dollars and Sense of Divorce with June Spriggs, Sally Rutzky and Jacqueline B. Gold - Thursday, September 23, 7:00 - 9:00 p.m. - If you are in the process of or contemplating divorce, this is the one workshop this year you can't afford to miss. Jacqueline will address the tax consequences of property division, pensions, splitting the house, career assets and how to determine if you are going to be financially secure post-divorce. Sally will address the client-attorney relationship, the divorce process, mediation and more. June will address ways to deal with issues of grief and loss, and why join a support group? Learn about additional workshops and groups to support you through the process. Free; donations welcome! Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

Women and Relationships: A Supportive Therapy Group for Women with Kristin Blackburn - Wednesdays, September 15 - December 8 (no session November 24), 7:00 - 8:30 p.m. - This 12-week group provides women the opportunity to explore a variety of issues pertaining to personal and professional relationships. Topics include coping with conflict and anger, improving communication and self-esteem, and beginning the process of forgiveness. \$30 per weekly session. Call Kristin Blackburn at 994-1531.

The Tuesday Group with Suzanne Eastman - Tuesday, 7:30 - 9:30 p.m. - Psychotherapy for women committed to authenticity, personal growth and finding meaning. Heighten your awareness and raise your life force within a nourishing and honest environment. \$25. Call 973-0299; suzanne@home.msn.com.

Therapy for Adolescent and Adult Survivors of Sexual Abuse, and Other Women's Issues with Laura Sanders - Ongoing therapy sessions - daytime availability on Mondays and Fridays - Therapy includes discussion in combination with creative interventions. \$70 per session, group sessions \$25. Call 662-3509; lsanders@umich.edu.

Women Survivors of Sexual Abuse - Psychotherapy Group with Lisa C. Wolf - Ongoing Wednesdays, 5:30 - 7:30 p.m. - This treatment group explores the trauma of sexual abuse and the impact of this trauma on the lives of group members. While the specific focus of the group is healing from sexual abuse, group members often deal with a variety of issues - relationship concerns, work problems, death, divorce, current and old pains, present and past anger, self-confidence issues - with the intent to reclaim their lives and to experience life beyond abuse and beyond identification with abuse. Discussion, disclosure and processing of memories and/or sensations related to abuse, emotional release work and experiential exercises are some of the treatment interventions used to guide clients on their healing journey. \$35 per session. Call Lisa C. Wolf at 930-0864.

Overcoming Anxiety with Laurie Krauth - 10 sessions beginning in late September - Worried too much? Practical behavioral cognitive techniques to reduce and control panic, generalized anxiety and phobias. \$30 per session (many insurances accepted). Call 996-9111, ext. 234; LaurieKrauth@iname.com.

Ongoing Group Therapy with Mark Blough - Saturdays, 9:30 a.m. - 12:30 p.m. (ongoing throughout the year) - This group is designed to assist members in making lifelong changes to increase joy and happiness in their lives. Any and all issues - interpersonal and intrapersonal - are addressed in a safe, nurturing environment. \$40 per session. Call Mark Blough at 321-2040 or 930-0864.

Skills Training for Emotional Well-being with Michele Rivette - Saturdays, October 9 - January 27, 2000 (16 weeks), 9:00 - 11:00 a.m. - Participants will learn skills that can help support change of maladaptive coping strategies such as impulsive or compulsive behavior, repetitively painful relationships and depression. Topics include: distress tolerance, mindfulness, emotional regulation and interpersonal relationship skills. \$45/2-hour session (16 weeks). Call 930-2200.

Traditional Chinese Medicine

The 5 Element Theory with Wasantha Young of Peaceful Dragon School - Saturdays, October 23 - November 20, 6:30 - 8:30 p.m. - The 5 Element Theory is the foundation of traditional Chinese medicine. The Chinese identifications within the characters of the word "element" imply movement, a coming together, exchange and change. Learning about the 5 Element Theory helps to bring clarity in comprehending the qualities associated with the organic process of nature. The increasingly poignant and revealing concept of the complementary or generative cycle as well as destructive, degenerative or controlling cycles relative to our existence is poignantly expressed in this theory. \$75. Call 741-0695; www.peacefuldragonschool.com.

Womenspirit

A Family of Women with Sally Gabany - Fridays, October 1, November 5, December 3; 7:00 - 9:00 p.m. - You are invited to gather with other women who are seeking support, enrichment and companionship for their spiritual journeys. Group experiences will include prayer, sharing and celebration of our life stories as a way of enhancing and affirming each person's unique spiritual path. Free will offering of \$5-10 per session. Call 734/242-5520; visitation@teleweb.net.

Healing Ourselves, Healing Our World with Sandra LaRoe - Thursdays, 10:00 a.m. - noon - Interfaith group for women discussing books/tapes from a wide variety of spirituality/healing philosophies. Upcoming titles: *The Transpersonal Vision* (Grof), *Music as Medicine* (Gardner) and *Igniting Intuition* (Northrup/Schultz). New members welcome. \$1 donation for space. Call Alice at 668-1974.

I Am From...Discovering Your Self Through the Sacred Feminine Mysteries - Saturdays, 9:00 a.m. - 5:00 p.m.: The Midwife, September 19; The Amazon, October 6; The Matriarch, November 6; and The Priestess, December 11 - Common to all is the quest for truth, connection and wholeness. This series of 13 workshops weaves together Goddess energy, seasonal rituals, moon magic, and clan mother teachings to create monthly rites of passage for women to claim their magical heritage and embrace their sacred identity as women. These workshops, tied to the seasons of the moon, can be taken as a series or individually. Give yourself the gift of a monthly retreat day and honor the sacred feminine within. \$95/each monthly session (including lunches and all art supplies). Call Jill Blixt at 662-0282 or Susan Steiner at 677-3255.

Women's Wisdom - A Gift for your Spirit with Dale Crayne - Second Monday of each month, 6:00 - 8:00 p.m.; call to confirm attendance - Life is a great teacher. Use your life experiences to grow spiritually. Through meditation and supportive group discussion, learn to listen to your own inner wisdom. \$5-10 donation requested. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

Work & Right Livelihood

Building a Business the Zen Way with Parang Geri Larkin - Tuesdays, 6:30 - 9:30 p.m. - This series of seminars is a training program for people who want to start and build right livelihood businesses. Sliding scale, \$15-30 per session, which includes workbook. Call 761-6520.

hena Job Club with Anne Benedict · Every Tuesday morning, 9:30 – 10:30 a.m.; call to **confirm attendance** · A group for women who want to share ideas and support for building their career. Meet with other active job seekers as you network your way to hidden job leads. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

Steps to Financial Stability Success with Jan Eveswell · Four-week groups offered regularly · Develop a Personal Financial Plan and learn tools to manage your money, including record keeping, goal setting, creating a spending plan, credit, loans and savings. \$80; partial scholarships available. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

Women's Wealth: The Courage to be Rich with Anne Benedict · Four weeks, 6:00 – 8:00 p.m.; classes offered regularly at Soundings · What does it mean to be "rich"? How do you create a life of richness?...Courage. The courage to face your inner obstacles, the courage to set positive goals, the courage to take bold actions. Value doing what is "right" over doing what is easy. Value tomorrow along with today. Learn to live, and spend, with clarity to create the life you want. Inspired by Suze Orman's book, *The Courage to be Rich*. \$80; partial scholarships available. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

Women's Work: Tapping Your Unique Potential with Anne Benedict · Six Thursdays, October 14 – November 18, 6:00 – 9:00 p.m. · Additional classes offered regularly at Soundings · Discover what energizes you. Identify your special talents. Create your ideal job description. Research careers that match your ideal job and practice valuable networking. Identify your accomplishments and renew your self-confidence. Let your work be an expression of who you really are! \$180; partial scholarships available. Call 973-7723; <http://comnet.org/local/orgs/helpsource>.

Yoga

Yoga – Kids and Parents with Ema Stefanova · Date TBA, 2:00 – 3:00 p.m., Saturday · This class is designed for children ages 5-7. We do get 3- and 4-year-olds who like being around older kids. We learn postures, breathing, concentration and relaxation in a way appropriate for this age. For exact date and cost of class, call or e-mail instructor at 665-7801; EmaStefanova@CompuServe.com.

Yoga for Kids Ages 7-10 with Ema Stefanova · Date TBA, 3:00 p.m., Saturday · This class is designed for children ages 7-10. We learn postures, breathing, concentration and relaxation differently than an adult yoga class. We even have serious philosophical discussions inspired by questions from the kids. For exact date and cost of class, call or e-mail instructor or exact date at 665-7801; EmaStefanova@CompuServe.com.

Yoga Classes with Cathy King, Martha Laatsch, Barb Linderman, Lynette Smith and Jonathan Tyman through Inward Bound Yoga Program · Four levels of Hatha Yoga classes, Astanga Yoga, Postures to Sacred Music, Yoga-Dance and workshops. For complete brochure of classes, call Barb Linderman at 971-8562.

**"Let there be more joy and laughter
in your living."**

-Eileen Caddy

Astanga Yoga with Jonathan Tyman through Inward Bound Program · Saturdays, 8:15 – 10:00 a.m. · Ongoing, drop-in class. For cost, call 996-4549.

Iyengar Style Beginning Yoga with David Rosenberg · Saturdays, September 25 - December 1, 9:30 – 11:00 a.m. · Strength, flexibility, balance, and alignment are improved using beginning and intermediate yoga techniques. \$50. Call 662-6282.

Yoga Happy Hour with David Rosenberg · Sundays, October 3 – November 7, 4:30 – 6:00 p.m. · Take a study break and refresh yourself! This class teaches the Iyengar style of yoga that emphasizes alignment, strength and flexibility to perform basic yoga poses. Explore the benefits of this ancient tradition and give yourself and your studies a boost. Wear comfortable attire – short and T-shirts recommended. \$40. Call 647-6838; marysim@umich.edu.

Yoga Course at the Zen Buddhist Temple · Six Tuesdays, 7:30 – 9:00 p.m.; courses begin on September 14 and November 2 · Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration and working with the breath – these are interdependent. The instructor was trained by the Sivananda Yoga Organization and combines that experience with her meditation training. \$50 for all six sessions. Call 761-6520.

Yoga and Meditation Retreat with Ema Stefanova · October 23-24; November 20-21 · Total immersion, silent overnight retreat designed to live yoga and meditation. Lots of information to take in, powerful practice, yet an opportunity to get in touch with your inner self, privately. For cost, call or e-mail instructor at 665-7801; EmaStefanova@CompuServe.com.

Yoga (Adults) with Ema Stefanova · Sundays, 5:00 p.m.; Tuesdays, 7:15 and 9:00 a.m.; Mondays, 6:00 and 7:30 p.m.; Thursdays, 5:00 p.m. · You will learn dynamic and static yoga postures with breath awareness as well as deep relaxation (yoga nidra) and meditation. Students are encouraged to work toward individual programs to meet their special needs. For cost, call or e-mail instructor at 665-7801; EmaStefanova@CompuServe.com.

Yoga Over 50 with Ema Stefanova · November 6, 4:15 – 6:45 p.m. · Improve and enhance your physical, mental and emotional well-being by doing a few simple yet powerful authentic yoga practices specially recommended for the wise and mature age. Suitable for both sexes. \$60. Call 665-7801; EmaStefanova@CompuServe.com.



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Aaron "was a Buddhism monk and scholar in previous lifetimes. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition. His teaching draws from this background, but he also reminds us that, like all of us, he has lived in many bodies, had many shades of skin, and followed many spiritual paths." Five books of Aaron's teachings have been published.

Dr. Michael Aaron is director of the Craniosacral Institute and leads *Life Touch* Craniosacral Release Seminars throughout the United States. Through his 21 years of professional bodywork experience and creative insight, he has developed his own innovative whole-body approach to balance and wellness. Dr. Aaron treats patients at his Belmont, California clinic.

Betsy Adams has had 25 years experience working with wildlife and companion animals, in the home, kennel, veterinarian's office, and in wildlife rehabilitation. She has thirty years of background in the biological sciences, and she's an energy worker and homeopath.

Jeanne Adwani has been involved with the Tarot since 1970. She began professional readings in England in 1982. She's explored many traditions since that time, and she's interested in elemental relationships and mythological archetypes. Jeanne is also a very talented artist, and her work has been on display through the years at Crazy Wisdom Bookstore. She writes: "Tarot cards are a wonderful and insightful tool to personal empowerment".

Nia Aguirre has a degree in Exercise Science and has been a fitness instructor since 1982. She has been certified by the American Council on Exercise.

Elizabeth Alberda brings the spiritual realm into focus through 15 years of experience in bioenergetics, Mystery School training, and the Barbara Brennan school.

JoAnn Allen is a family therapist and teacher, affiliated with the Ann Arbor Center for the Family.

Jane Anderson is co-founder of the Ann Arbor Institute of Massage Therapy, and founder of the Ann Arbor Therapeutic Massage Clinic. Since 1984, she has had training and private practice experience in massage therapy, lymphatic drainage and craniosacral therapy. She has taught beginning anatomy and physiology workshops, as well as Sports Massage and Shiatsu workshops.

Michael Andes, MSW has been a therapist and teacher for over 25 years. He has led numerous groups, workshops and retreats for self-awareness and self-development. He is skilled in dealing with gender issues, and he "encourages people to emphasize their skills and strengths with a touch of lightness and humor".

Maya Angelou is nationally known as a poet, author, educator and lecturer. She has written numerous books, including *I Know Why the Caged Bird Sings*, and *Heart of a Woman*.

Ann Arbor Authentic Movement Group is a member facilitated group of dancers who come together to practice Authentic Movement. Authentic Movement "is a profoundly simple process of self-directed movement. By following the body's impulses to move or be still, movement becomes spiritual practice, creative resource and psychological narrative." The common roots of its members are in the study and practice of Contemplative Dance.

Ann Arbor Center for Holistic Health and Traditional Wisdom is a brand-new foundation dedicated to educational excellence through diversity. One of the goals of the Center is to provide comprehensive professional training and qualification for certification to individuals who would like to work in the emerging professions of holistic health care and bodywork.

Ann Arbor Institute of Massage Therapy's instructors are members of the American Massage Therapy Association and are certified by the National Certification Board for Therapeutic Massage and Bodywork. Their range of experience varies from 3 years to 18 years. The AAIMT facility includes classrooms, a student clinic and a retail area.

Practical Psychic Center of Ann Arbor is now led by Ray O. Golden. Golden is a Reiki Master, who has also studied Esoteric & psychic healing, nutrition, Zero Point Process Therapy, intuitive reading & channeling.

Astrology Study Group is an informal and friendly gathering of serious astrology students who use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology). Open to all.

Khita Austin, CMT, a Certified Rolfer, has been in private practice as a Rolfer for ten years and a bodyworker for twelve years. She is a senior practitioner and trainer of the exercise rehabilitation techniques of Joseph Pilates. Her work is also influenced by her extensive and ongoing training with an elder in the Hodosanawee medicine tradition.

Leland Austin, MA, a Certified Advanced Rolfer, has practiced Rolfing in San Francisco and Ann Arbor for 14 years. He has also studied craniosacral therapy. For the last seven years his work has also been informed and influenced by five years of training in Bodydynamics, a body-oriented psychotherapy originated and taught by Lisbeth Marcher and others in the Bodydynamics Institute of Copenhagen, Denmark.

Susan Austin has been doing professional chart analysis for 18 years, and seeing clients since 1984. She has "always loved the mystical, even as a child." She also works at *Ageless Wisdom*, a shop in Plymouth.

Aya, PhD has been a certified hypnotherapist since 1984. She is a lifelong student of metaphysics and psychology. She specializes in past-life regression, the body-mind link (visualization and healing), connecting to higher self, and guides and crystals. Her beginnings were in the Caribbean shamanic traditions.

Peter Baker is a member of the American Massage Therapy Association and is Nationally Certified by the National Certification Board for Therapeutic Massage and Bodywork. He has been a massage practitioner for 25 years. His work includes Western medical model therapeutic approaches to dysfunction, emotional work, done with adult survivors of childhood abuse, and stress relaxation massage. He also teaches how to use touch as a form of communication within the realm of intimate relationships.

Peggy Beals, R.N., has been studying Homeopathy since 1986, and has taught classes starting in 1989. She has taught at the National Center for Homeopathy (NCH) Summer School since 1991, and has been a Volunteer Regional Coordinator for the NCH Study Group Program for 10 years.

Anne Benedict, BA is Soundings' Supervisor and Career Coach. She draws on 10 years of coaching and teaching in career development, and 25 years of active involvement with women's issues.

Cori Rose Benitez has been following a path of native spirituality for many years, weaving songs, ceremony, and human growth for the health of all our relations.

Charleen Berels embodies her beliefs of creating art through movement. She is a writer, visual artist and performance poet. She has studied Authentic Movement, has moved with the Ann Arbor Authentic Movement Group for 3 years, and currently dances in two dyads. A former counselor, she has facilitated workshops for 20 years.

Kristin Blackburn, MSW, is a psychotherapist who specializes in working with people regarding relationship, life transition and family-of-origin issues, including childhood abuse and neglect. She also works with individuals, couples and groups facing depression, anxiety, grief, self-esteem, anger and stress management.

Jill Blixt is a creativity and life transition coach, motivational speaker and working writer/artist. In addition to individual coaching and personal development workshops, she regularly presents creativity training sessions to the business, non-profit and educational communities. Blixt has studied with leaders in the creative and metaphysical fields including Julia Cameron, Mark Bryan, Natalie Goldberg and Lazarus.

Kathy Blough, MA, LLP is a therapist in private practice in Ann Arbor. She has received extensive training in Gestalt, Family Systems and Redecision Therapy. She works with individuals and leads groups, focusing on those who suffer from anxiety, depression, self-defeating and suicidal behaviors.

Mark Blough, MA, LLP is a therapist in private practice. He has had extensive training Gestalt, Family Systems, Group and Redecision Therapy. He works with groups, couples and individuals who suffer from depression, anxiety, panic, trauma and other issues effecting personal growth.

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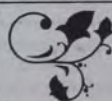
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Workshop Leaders, and the Centers

John Bodary is a Registered Polarity Practitioner, a teacher and a psychotherapist. He currently directs the polarity Center in Dearborn, where he teaches Dr. Stone's polarity Therapy. He has taught Polarity for 12 years and has been in practice for 19 years. He is a former Treasurer and Board member of the American Polarity Therapy Association.

Judith Bonini, IHM, is an experienced spiritual and retreat director. She brings to her work a background of parish work, hospital chaplaincy and overseas ministry. She is a staff member of Visitation. She affirms people's life experience as a way of encountering the mystery of God.

Arah Breathnach is the best-selling author of *Simple Abundance*, as well as the books *Hold That Thought* and *Something More: Excavating Your Authentic Self*.

Katty Brennan is a midwife and health educator with over 7 years of experience working with pregnant women and their families. She is Director of The Holistic Midwifery Institute and the author of *Guide to Homeopathic Remedies for the Birth Bag and Vaccinations: Concerns and Alternatives Sourcepack*.

Barbara Brodsky is the founding teacher of Deep Spring Center, which offers non-denominational spiritual teachings and practice. She is an ordained Interfaith Minister. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. Her Buddhist training is in the Theravadin and Dzogchen traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron. She is married and the mother of three children.

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, working with altered states, metaphysics and the spiritual journey since 1972. She is a Melchizedek priest, teaches workshops that emphasize transformation and integration, serves as a spiritual coach and healer, and performs personalized wedding ceremonies.

Glenn Burdick, MA, LLP, CSW, is Director of the Institute of Psychology and Medicine, and Director of the Center of Mindful Living. He has 21 years of experience in helping individuals with stress-related problems, chronic illness and chronic pain. He was originally trained to teach meditation in Ganeshpuri, India in 1977, and participated in advanced professional training with Jon Kabat-Zinn in 1993. He has been conducting a mindfulness-based stress reduction program since that time.

Sharon Butler is a certified Hellerwork Practitioner who has specialized in the treatment of strain injuries for nearly a decade. She is the author of *Conquering Carpal Tunnel Syndrome and Other Repetitive Strain Injuries: A Self-Care Program*.

Cassie Cammann and **David Coupland** have considerable meditation and teaching experience, and have trained through the Deep Spring Center teacher training program.

John Cardwell has been interested in the work of A.H. Almaas for 8 years, and did private sessions with a Diamond Heart teacher for 2 years.

Pauline Cart has been a massage practitioner since 1959, and has taught massage for 20 years. She has been working as a healer for many years.

Kapila Castoldi, director of the Sri Chinmoy Centre of Ann Arbor, has practiced meditation under the guidance of Indian spiritual teacher Sri Chinmoy for 14 years. For the past ten years she has lectured on meditation and spiritual practice throughout the Midwest.

Victor Chao began his study of Bagua and Qigong during his college years in Taiwan, building on childhood martial arts and bodywork training. He has practiced standing meditation since 1985, when he joined his teacher's Bagua family. Currently, he offers classes and private sessions to aspiring martial artists in his home studio.

Karma Thesum Choling is the local center for the Karma Kagyu Lineage of Tibetan Buddhism. Established in 1978 by Khenpo Karthar Rinpoche, the center is one of more than 30 KTC's and study groups. The center offers weekly group practice and basic meditation instruction.

Debra Christian is an award-winning storyteller. When she's not spinning stories and telling tales, she's a speech pathologist.

Alan Cohen is the nationally known author of *A Dragon Doesn't Live Here Anymore*, *Joy is My Compass* and *Companions of the Heart*, among the many books he's written.

CAMRC (the University of Michigan Complementary and Alternative Medicine Research Center) was founded to do research in the area of complementary and alternative medicine, and to create a bridge between alternative healing practitioners, scientists, and patients.

Evie Craig, IHM (Immaculate Heart of Mary) currently serves as Membership Coordinator for Visitation. She is an experienced campus minister and spiritual director who believes in holistic approaches that reclaim the wisdom of the body.

Dale Crayne, MA has been a teacher and consultant for over 20 years. Her private practice offers spiritual guidance for all levels of personal growth. Issues related to self-esteem, life transitions and life purpose form the focus of her work.

Crazy Cloud Dharma Hermitage is a dharma center of the Nyingma non-monastic tradition.

Elizabeth (Eli) Davis, MSW is a psychotherapist in private practice addressing the concerns and issues of women, and lesbian, bisexual, gay and transsexual clients.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity.

Hava Jean Delgado founded and directed Paradigm Dance Theatre and Paradigm Center for the Arts, and now directs Project Paradigm. She has taught, choreographed and performed dance in many forms. She has a certification in Motion Processing, a therapeutic movement process.

Eileen Dickinson is a Certified Trager™ Practitioner. Her Trager practice in Ann Arbor is enhanced by her 24 years of experience as a physical therapist.

Gerry Dimond owns, and teaches at, Findings for Artists and Seekers, at Lamp Post Plaza in Ann Arbor.

Diane Duggan has studied with many elders, including Sun Bear, Shakmah WindDrum, Page Bryant, and Grandma Evelyn Eaton. She is a woman of Celtic and Chippewa descent.

Kate Durda and Stephanie Tighe founded Spirit Weavers, an organization committed to providing education to increase understanding of shamanism, creating community which supports shamanism, and making shamanic healing available. They have both studied and taught shamanism extensively, and assisted people with shamanic healing.

Erica Dutton, RN, MS, CS is a professional nurse and therapist with over 20 years experience as clinician, educator and therapist. She specializes in counseling people with chronic illness and pain such as arthritis, lupus, MS, irritable bowel syndrome, fibromyalgia, or chronic pain. She publishes a newsletter, *Living Successfully, Your Resource on Chronic Illness*. She has also lived with chronic illness for 16 years.

Suzanne Eastman, MS, LLP, CSW conducts therapy and dream groups, does individual therapy and leads workshops. She chiefs quarterly Sweat Lodge ceremonies and develops personal ceremonies for important life passages. Her orientation is eclectic, with shamanic, Buddhist, Jungian, and Bioenergetic influences.

Joan Ebbitt is in private practice in the Chicago area. She specializes in the treatment of eating disorders and other addictive illnesses.

Tom Egan, M.Ed. in Counseling just moved to Ann Arbor, and works as an Engineer. He does Wholistic Health Counseling, has taught in the public schools, is a Reiki practitioner, and has competed nationally as an athlete. He has developed and facilitated Spirit programs for adolescents and athletes.

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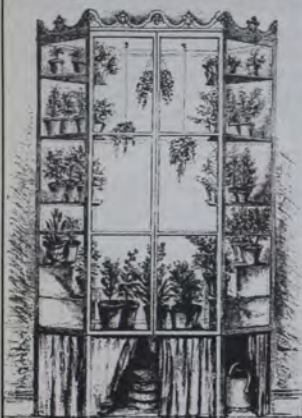
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Jonathan Ellis is a spiritual director who meets monthly with individuals to reflect on the spiritual path of their own choosing. A true renaissance man, Kennedyophile, and raconteur, his wide background includes having been a co-owner of Crazy Wisdom Bookstore, an aide to several U.S. Senators, program director at the U-M Canterbury House, staff counselor at the Nantahala Outdoor Center, a teacher and trance reader at the Cassadaga Spiritualist community, and a contributing editor for Deepak Chopra.

Mateyo Empie, the Medicine Woman has studied with many internationally known teachers. She has practiced Inka shamanism, psychic reading, European and American ritual forms, and several energetic healing modalities for over thirty years. "In this world, the plant and stone people continue to be among my most important advisors."

Laurel Emrys is an apprentice and teaching assistant of international Feng Shui master, Dr. Yan. She presents a blend of the best Feng Shui techniques currently being taught. A former Ann Arborite, she is also a musician.

Myron Eshowsky, MS, has been studying shamanism for over 28 years and teaching shamanism for 11 years. He is a teaching faculty member with the Foundation for Shamanic Studies and is also a Certified Shamanic Counselor. He has practiced as a psychotherapist for over 20 years, and has written extensively on the application of shamanic methods to psychotherapy.

Essence Point is a non-profit group dedicated to exploring how the New Age might blend autonomy and interdependence. Classes are offered in: psychic skills for healing and relationships; sacred geometry; healing with sound; non-linear creation; shamanism; and energy drawing. A weekly meditation is held to support inner growth, and a monthly presentation presents new ideas and healing.

Linda Diane Feldt, RPP, NCTMB, NC, is a Holistic Health Practitioner who began her study of bodywork in 1973, and Polarity Therapy in 1979. She completed a two year apprenticeship with Susan Weed in 1989 in herbs and the Wise Woman Tradition. She has studied plants and wildflowers since childhood, and herbology since 1981. She is the founder, Director and Coordinator for the Ann Arbor Center for Holistic Health and Traditional Wisdom, and currently serves as President of The American Polarity Therapy Association, in addition to maintaining her full time private practice of 19 years, and teaching nationwide.

André Feulner is a St. Joseph sister from Erie, Pennsylvania. André offers a heart woven with an openness to mystery and an eye for pattern and beauty.

Bon Rose Fine is a member of the American Federation of Astrologers and the Michigan Federation of Astrology. She is the owner of The Cosmic Computer—Astrological Chart Service, and does astrological consultations.

Lori Fithian plays djembe and djundjun and any other rhythm-making instruments, pots or pans she can get her hands on. She's been teaching for 4 years, and has recently trained with Arthur Hull to become a skilled drum circle facilitator.

Chetana Florida has been a mantra meditator since 1973 and is the founder and president of the Lighthouse Center for Spiritual Development. She is Gurudev Chitranbanu's 1st apostle, and teaches the 5,000 year old teachings about the chakras from his book *The Psychology of Enlightenment*. She is a counselor, teacher and lecturer and has taught over 2,000 students to meditate.

Arielle Ford is the author of *More Hot Chocolate for the Mystical Soul*.

Antonio Francesco is a sculptor, dancer and ceremonial artist, trained at the Juilliard School in New York and at Seattle's Institute for Transformational Movement.

John Friedlander is a nationally recognized psychic, author and teacher. For over 15 years, he has led classes and seminars in psychic awareness as well as offering private readings. He has a degree from Harvard Law School. In the early 70's, he studied with Berkeley Psychic Institute Founder, Lewis Bostwick, and with Jane Roberts in her Seth class. His most recent book, *Basic Psychic Development*, is available at Crazy Wisdom. A reading, reception and book-signing to celebrate the publication of his new book will be held at Crazy Wisdom on Friday, October 1st. He resides in the Ann Arbor area.

Sally Gabany is an experienced spiritual director, as well as a wife, mother and grandmother. She believes that there are many pathways to spirituality and is familiar with the process of recovery and twelve-step programs. She is a staff member of Visitation.

Chris Gates has been learning and studying percussion techniques and traditions for 17 years, and has taught rhythm workshops and classes since 1991. He believes that "given structure, information and encouragement, anyone can have a fun, rewarding and meaningful drumming experience."

Norma Gentile is a recording artist and professional auric healer who has worked extensively with Energy Sound Healing (Attunement) in private healing sessions, workshops, concerts and recordings. She has been featured on *All Things Considered*, *Harmonia*, *Sound & Spirit*, and in *Creation Spirituality Network Magazine*. *Yoga Journal* writes that she brings to her work "intimacy, trust and abandonment in God". Her recordings, *Meditation Chants of Hildegard von Bingen* and *Unfurling Love's Creation* are available at Crazy Wisdom.

Nanci Rose Gerler is a psychic, medium, channel and healer. She offers private sessions of psychic readings and channeled messages for personal and spiritual growth. Her practice, Crystal Clear Expressions, is located in Ann Arbor.

Michael Gillespie began studying Chinese martial arts in 1972, specializing in strength and physical conditioning. He has studied with Masters Ong, Hu, Freeman and Shawn Liu.

Art Giser is a trainer, consultant, and developer in NLP and Imperative Self Analysis (ISA). He has studied extensively with the co-developer of NLP and ISA, Leslie Cameron-Bandler, and was part of her research team. He is also co-author of the book *Groupware: Collaborative Strategies for Corporate LANS and INTRANETS*.

Jacqueline B. Gold, CDP is a financial planner who specializes in pre-divorce consulting.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. He developed the *Reiki With Animals* workshops. He co-developed *Heart Centered Reiki* with Cousens. In addition to his studies with other Reiki Masters, other important teachers include Dennis Adams, Olga Misserva, Dr. Dan Casriel, John Friedlander and Barbara Brennan. He has also studied Esoteric Healing, nutrition, Touch For Health, channeling, Zero Point Process Therapy, and he is a teacher with the Practical Psychic Center of Ann Arbor.

Cynthia Gormley, MSW has 11 years of experience as a psychotherapist with a private practice in Ann Arbor. She uses Kum Nyé and other forms of energetic work to break down negative habit patterns, allowing for spaciousness in the body, heart and mind. She is a long term committed practitioner of Lama Traktung Rinpoche and Lama A'dzom Rinpoche of the Flaming Jewel Ter, a Nyingma lineage of Vajrayana Buddhism.

Jocelyn Granger is co-founder of the Ann Arbor Institute of Massage Therapy, and a partner of the Ann Arbor Therapeutic Massage Clinic. Since 1982, she has had extensive experience in her private practice and training in massage therapy, including advanced certification in Sports Massage and Neuromuscular Therapy.

Robin Graubarth has a background in public health, authentic movement, transpersonal psychology, and the healing arts. She is involved in creative and expressive therapies, movement, and women's ritual mysteries.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual & personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes place through the study and application of the Pathwork lectures.

Alice Greminger is certified by the Alexander Foundation of Philadelphia, and has been teaching Alexander Technique since 1985. Her experiences as a performer and teacher of cello, and training in Tai Chi and Neuro-Linguistic Programming, add to her work as an Alexander teacher.

Daniel Guachapa is a Shuar shaman from east of the Cutucu mountains.

Richard Gull, Ph.D., teaches Philosophy at the University of Michigan, Flint. He has 10 years of experience in facilitating men's groups, and has attended workshops with Robert Bly and Shepherd Bliss. He's written and published widely on gender issues, and he's a passionate and keen moviegoer.

Workshop Leaders, and the Centers

Gypsy and **Hekuba** are High Priest and Priestess of this coven. They have taught the Craft for almost ten years through lectures, workshops and one-on-one mentoring.

James Hackett is co-founder of the Chicago School of Massage Therapy. He is approved as a Category A Continuing Education Provider by the National Certification Board for Therapeutic Massage and Bodywork. He specializes in working with clients with acute and chronic pain.

Tom Hart is an experienced practitioner and teacher of Tae Kwon Do. He has been teaching at the Pierpont Commons for 4 years.

Elizabeth L. Hawkins founded Journey Writing Workshops in 1995. Her background includes 11 years of professional writing, training in communications, creative writing and writing as a spiritual path. She is currently pursuing an MFA in writing and poetics at Naropa Institute in Boulder.

Todd Hohauser-Thatcher is the director of Improvisation at Empatheatre. He works with Children's Theatre, and has taught Creative Dramatics to special education classes.

Nina Howard, CMT, APP is a Massage Therapist, Polarity Therapist, Artist, Photographer, Interior Designer, Para-Medical Esthetician and Skin Care Educator. She combines all her talents at Bellanina Day Spa (formerly Nina Howard Studio & Day Spa.)

Ann Hughes believes that piece work and soul work go hand in hand, that both are creative acts of the individual spirit.

Interfaith Center for Spiritual Growth is a "New Thought" spiritual community in Ann Arbor dedicated to the truth and beauty in all spiritual paths. The Center offers Sunday Celebration Services, a variety of metaphysical classes (including classes on A Course in Miracles), and workshops.

Inward Bound consists of **Cathy King, Martha Laatsch, Barbara Linderman, Lynette Smith, & Jonathan Tyman**. Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. **Barbara Linderman** is the program director of Inward Bound.

Edward Jackson has two decades of experience with Shiatsu massage and with yoga. He has also trained in Karate for 28 years, and in Aikido for 8 years.

Eli Jaxon-Bear offers his work through the lineage of Sri Ramana Maharshi and Poonjaji. He leads retreats around the world and trains Leela Teachers, who are certified in hypnosis and as Enneagram trainees.

Jewel Heart is dedicated to the preservation of Tibetan Buddhism and to the practice of its rich tradition within the context of contemporary life. Jewel Heart sponsors public talks and teachings by its spiritual director, Gelek Rinpoche. Meditation instruction, retreat weekends and Lam Rim teachings are also scheduled throughout the year.

Maria Juana and **Don Estaeban** are Quechua speaking shamans from the Otavalo region of northern Ecuador.

Karma Thegsum Choling of Ann Arbor is a Tibetan Buddhist Meditation Center that was founded in 1978 by Khenpo Karthar Rinpoche. It is one of 25 centers affiliated with Karma Triyana Dharmachakra monastery in Woodstock, New York, and with the Karma Kagyu order of Tibetan Buddhism.

Duane Karr has been utilizing the natural properties of aromatherapy since the early 1990's. She studied under the master aromatherapist, Robert Tisserand.

Phil Kennedy is a psychotherapist in private practice in Oak Park, Illinois.

Karen Kerns is a skilled and experienced bodyworker, massage therapist and Polarity Therapist.

Shala Kilmer has been a channel and medium since 1986. An ordained Spiritualist minister, she teaches development classes, and conducts private channeled readings with an emphasis on healing one's life. Channeled sessions with St. Germain are offered for removing blocks that come from previous lives.

Robert King has been the director of the Chicago School of Massage Therapy since 1978 (which he also co-founded), and where he also practices Myofascial Massage Therapy. He has been teaching Myofascial Massage Therapy in his national workshops since 1988, and he has created videos and manuals in support of his work.

Cindy Klement is a Certified Iridologist, Certified Nutritional Consultant, and Chartered Herbalist. She is a Professional Member of the American Association for Nutritional Consultants, a member of the American Herbalists Guild, and a Health Educator with over 20 years of experience in natural healing.

Laurie Krauth, MA, LLP is a psychotherapist at Ann Arbor Consultation Services, a journalist, and a new mother. A Michigan Limited License permits practice under the supervision of a fully licensed psychologist (Glenn Davis, PhD).

Kristine Kurnit, from Deep Spring Center, has been practicing psychology and meditation for 20 years. She has been studying with Barbara Brodsky for 4 years.

Linda Kurtz has been a practicing massage and craniosacral therapist for 3½ years. She trained in massage at Irene's Myomassology Institute, and in craniosacral therapy with the Upledger Institute, the Sills Institute, and with Linda Diane Feldt.

Tom Kuzma and **Alani Galbraith-Kuzma** are husband-and-wife Lomi practitioners in Ann Arbor. They also study, teach and practice Lomi Ke Ala Hoku, Hawaiian Sacred Temple Bodywork.

Geri Larkin is President of Strategic Thinking, and an ordained Zen minister. She is the author of several books, including *Woman to Woman: Street Smarts for Women Entrepreneurs*, *Bad Hair Days*, *Stumbling Toward Enlightenment*, *Building a Business the Buddhist Way*, and the forthcoming *Tap Dancing in Zen*.

Sandra L. LaRoe, MDiv, is a graduate of Harvard Divinity School. She has a background in human services, and she has lead workshops in personal growth, healing and body/mind/spirit connections. She is a counselor/educator in the area of death and dying.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes, and programs in spiritual development, meditation, Reiki and related topics.

Diana Little, MD has been in practice since 1968. While delivering babies and practicing gynecology, she realized that women need reliable information about preventive health care. She also earned a Masters degree in exercise science so she could provide accurate advice about fitness and nutrition.

Michele C. Loewe is a naturopathic physician in private practice in Ann Arbor. She uses therapeutic methods which act in harmony with and strengthen the body's self-healing ability. Her services include clinical nutrition, herbal and homeopathic medicine, hydrotherapy, counseling, and education in health maintenance.

Mary Loomis is a Jungian Analyst in private practice in Grosse Pointe. She is a graduate of the Jung Institute in Chicago and has written several articles and books. Her books include *The Singer-Loomis Inventory of Personality Types*, *Dancing the Wheel of Psychological Types*, and *Her Father's Daughter*.

Lisa Kane Lowe, MS, RN, CNM is with the U-M School of Nursing and the Women's Studies Department.

Jeanne Mackey, MSW, ACSW is a psychotherapist and workshop leader. A community builder and musician, she draws on European, Chinese and Native American earth-based traditions.

Madhari (Marcia Mai) trained in Bharatnatyam (traditional Indian dance) at Kalakshetha College of Fine Arts in Madras, India, and has been performing and teaching since 1984. She has an M.A. in South Asian studies from the U of M, and was a master performing artist fellow with the American Institute of Indian Studies in 1996-97.

Phillip Maguire is an astrologer, numerologist and intuitive counselor, with 30 years experience. He has a background in logotherapy and motivational psychology.

Maggie Mahoney is a science teacher, outdoor educator, writer and poet, certified storyteller and Reiki Master. She studied Celtic Spirituality in Ireland, and holds a masters degree in Environmental Studies.



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Teachers, Lecturers,

Eleanor Mannikka has been a student of Khenpo Karthar Rinpoche for 21 years and has taught meditation for 21 years. She is the author of *Angkor Wat*, a book about the historically important Cambodian temple.

Randy Martens is a Golden Shield student and instructor for Michigan.

Rafe Martin is an author, storyteller and Zen practitioner.

Don McAvinchey, MSW is a Personal Coach and family therapist, who brings to his work "a keen eye for the possible in life, and a zest for helping my clients find the life they most want".

Rosalie McDermott is a member of the consulting network Connections. She has been designing processes and offering services of consultation, facilitation and planning to not-for-profit groups for more than 20 years.

Sue Webster McDonald, ACSW is a therapist and an artist who practices the principles of the *Artist's Way*, and who is interested in helping others find and enjoy the creative life. She is an experienced *Artist's Way* and *Vein of Gold* facilitator.

Tom McGrath is author of the book *Stress Therapy*. He also edits *At Home With Our Faith*, which is a newsletter that nurtures the spiritual life of families.

Anita McKay is a visual psychic with a degree in fine arts, who specializes in personal and family aura drawings. She teaches psychic skills in group settings or one on one.

Lynn Meadows has a M.A. in merchandising, and a B.A. in business. She is currently working as a Feng Shui Consultant and Teacher, and a Retail Manager. In the past she has been a Fashion Buyer and Merchandiser, a Manufacturer's Representative in the fashion industry, a teacher of Interior Design, and a teacher of Clothing Construction & Design.

Chris Meier, RN offers ascension information and instruction. Meier is an "Ascender in the ISHAYA style," practices "the Yoga of the Inner Fire," and works with empathic healing and facilitating transit.

Lynnette Michalik is an artist and educator. She has a background in women's studies and Native American knowledge systems, and has been a member of the Moonlodge since 1986, and a leader since 1992. She has led workshops in shield building, fire building, creation stories and sweat lodge building.

John and Sylvia Middlebrooks have been students and teachers of the Dances of Universal Peace for 16 years. John is on the faculty of the U-M Kresge Hearing Research Institute.

James E. Miller has developed a reputation based on his creative and substantive work in the area of grief and loss. He is the founder of Willowgreen Productions in Fort Wayne.

Richard Miller has 24 years experience in traditional Chinese martial arts. He trained in Taiwan under Master Gao Dao Shan, and in China; from 1979 to 1991, he trained in San Francisco under Master Adam Hsu. He established the Great Lakes Wushu in 1992.

Sally Misko has been practicing yoga for over twenty years.

Kathleen Moore is in private practice as a certified music therapist, vocalist, percussionist, and voice teacher, with 15 years of experience. She is strongly committed to helping people find greater health and healing through voice and music therapy.

Brenda Morgan, Ph.D. has a 25-year background as a metaphysical healer and teacher, professor, spiritual catalyst and mentor. "I have been blessed with Inner Enlightenment/No Mind Within, and as a Westerner, I share this in a simple and straightforward manner." She resides in Ann Arbor while authoring two books on human and spiritual evolution.

John Morris, Mdiv, PhD is a Wiccan Priest, counselor and philosopher, who has been leading shamanic journeys for more than 10 years. He is the Editor of *The Seeker*, a monthly journal of the Magical Education Council.

Mulberry Farm was established to promote community and hold sacred the spiritual path of those who come for teachings and healing. "All paths of those who come with an open and loving heart are honored."

Rebecca Mullen, MSW has had a long and successful career in counseling and has been particularly interested in the practice of dream interpretation as a means of self-understanding.

Sukha Murray was trained to teach yoga by the Sivananda Yoga Organization and has been teaching for 20 years. She has been a Dharma Teacher, and the Resident Priest of the Zen Buddhist Temple in Ann Arbor for 10 years. She has taught introductory meditation and led retreats locally and in Toronto & Chicago.

Joy Naylor, MA has a degree in Interior Design, and has taught classes at Eastern Michigan University. She is a Feng Shui consultant for businesses and for individuals.

Bernardo Peixoto (Iupiará) is a shaman of the Brazilian Amazon, fluent in 11 languages, and devoted to creating bridges between cultures. He now serves as a consultant to the Smithsonian Institute and the National Zoo, and has been an advisor to the White House.

Jan Pemberton is a Registered Polarity Practitioner and Cranial/Sacral Therapist in Ann Arbor. She has completed the Sutherland/Sills advanced cranial course and is currently studying with Franklyn Sills. She maintains a private practice in Ann Arbor and is currently teaching several cranial classes.

John Perkins is a noted author, businessman, ecologist, environmental activist, and founder of Dream Change Coalition. He is the author of *Shape-Shifting: Shamanic Techniques for Global and Personal Transformation*; *The World Is As You Dream It*; and *Psychonavigation: Techniques for Travel Beyond Time*. He has pioneered the integration of modern and transformational methods, and he's taught at universities and learning centers on four continents. For more information about Perkins, and the South American shamans he is bringing to Ann Arbor in September, please refer to the article by Laurie Lytle in this issue of *The Crazy Wisdom Calendar*.

Phyllis Perry, MSW, CSW founded New Options Counseling in 1989. She is a clinical social worker and a writer. She has led journal writing workshops for the past 4 years. She specializes in women's issues and holistic counseling.

Pam Pistor trained in myomassology at the Institute of Myomassology in Southfield. She recently completed a year-long program in geriatric massage. She is a member of the AMTA and maintains a massage therapy practice in Tecumseh.

Carla Pitchford inspires confidence to her students as she was inspired by her geometry teacher. She has been quilting since 1989.

Pattie Postel has a Masters Degree in Outdoor Recreation and Leadership. She is a seasoned outdoorswoman, and Reiki Master. She has participated in Native American visionfast rituals since 1989.

Vickie Lea Quibell has been teaching and practicing Reiki for five years. She has also studied Native American Spirituality (in the Ute and Lakota Traditions) for 10 years. She works at the Bodyworks Healing Center in Plymouth.

Jesse Richards is a performing and recording artist, the former Artistic Director of *Sister Earth*, and the current Artistic Director of *Hundredth Monkey*—performing arts ensemble. She has released 8 recordings of original music and has been teaching vocal and dance workshops nationally for 17 years. She is the subject of *The Crazy Wisdom Interview*, in this issue.

Lama Traktung Rinpoche and Lama A'dzom Rinpoche are ordained Lamas of the Ngakphang Sangha community (community of Tantric Yogins) in the Nyingma lineage of Tibetan Buddhism. "As Western born Lamas transmitting the paths of Inner Tantra and Dzogchen they offer a unique opportunity in this time and place."

Sheila Layla Ritter, MA, LLP is a psychotherapist and healer who works with light, sound, movement and energy. She has been a teacher, workshop leader and therapist for the past 20 years.

Michele Rivette, MSW is a psychotherapist in private practice in Ann Arbor. She is affiliated with the Coping Studies Research Program in the U-M Departments of Psychiatry and Psychology. She has 9 years of experience in working with crisis intervention, trauma, sexual abuse, eating disorders and adjustment to major life changes and loss.

Phil Rogers has studied, practiced and taught meditation, and various forms of ceremonial and shamanic methods and modalities for about 30 years. His most recent medicine journey was to Peru where he and others studied with the Q'ero in the high altiplano, as well as at Machu Picchu and other sacred sites. He is also a singer, and composer of music in many style and traditions, writes poetry, and paints.

ShuNahSii Rose has been studying the stories, songs, dances, healing practices and ceremonies of earth-based peoples since 1979. "As a myth-maker, educator and community organizer, my work emphasizes the empowerment of womyn and girls." Her recent work with the "Diana Project" — *Girls Coming of Age* opens the door for the voices of young women to reach their communities through simple political theatre.

David Rosenberg has been teaching Yoga in the Iyengar tradition since 1993, and is certified. A while back, he traveled to India and studied Yoga from Geeta and Prashant Iyengar. He also works as a massage therapist.

Gail Rowland holds a masters degree in Health and Physical Education, and has 25 years of teaching experience in movement, dance and hatha yoga. She is the Movement Director of Empatheatre, and a Certified Phoenix Rising Yoga Therapy practitioner.

Renee Rutz is a Registered Polarity Practitioner and bodyworker in Ann Arbor.

Sally Rutzky is a family law attorney with over 20 years of experience.

Sacred Song Sisters were brought together by Elise Bryant in 1995. The members include LaRon Williams, Julia B. Gae Winn, Hy Kornbluh, Dale Petty, ShuNahSii Rose, Jeanne Mackey, Robin Wilson, Jose E. Rosales, and Rhonda Williams.

Laura Sanders is a specialist in child sexual abuse treatment. She is the director of Creative Counseling, and the Associate Clinical Director of Civitas at the U of M.

Sandiipa is a lifelong student of metaphysics and natural healing. With 24 years of practice and study, she has earned certifications in Polarity Therapy and Reiki, and is an ordained Minister of the Ecumenical Church of Aquarian Wisdom.

Laura Sanders, MSW, ACSW has 10 years of private practice experience working with children, adolescents and adults survivors of abuse. She is an adjunct faculty member of the U-M School of Social Work, teaching a specialized course in the treatment of Post-Traumatic Stress Symptoms.

Linda Sayer, D.C. is co-owner of the multidisciplinary clinic Complete Chiropractic and Massage Therapy, a member of the International College of Applied Kinesiology and the Foundation for Chiropractic Education and Research, and the Michigan Chiropractic Society. She is certified in various chiropractic techniques and an instructor in anatomy and physiology for a private massage school.

Kathleen Schanz, OP is a member of the Adrian Dominicans Sisters. She is presently the Director of Weber Center. For many years, she has worked with a variety of groups in creating and facilitating rituals.

Workshop Leaders, and the Centers

Peggy Schmidt, Ihm is the director of Visitation. She is an experienced spiritual director who is committed to holistic spirituality and to the cause of women's rights.

Sara Schreiber, PhD. has a doctorate from the University of Michigan in Counseling Psychology. She has extensive Psychodrama training with Dr. Jacob Moreno, & also in off-Broadway improvisation & theatre. She is in private practice in Ann Arbor specializing in psychodrama, group therapy, & marriage counseling.

Sue Schreiber, MA, MEd is assistant dean of the Institute for Ministry, at the Sacred Heart Seminary. She is a photographic artist and musician with an interest in spirituality and the arts.

The Seeker Journal is a mystical and magical publication serving the international pagan community.

John Shea is a research professor at the Institute of Pastoral Studies at Loyola University of Chicago. He lectures widely on storytelling, theology, spiritual development, faith-based health care and ministry.

Jewel Shelden is a professional psychic counselor, certified hypnotherapist, Reiki Master, ordained minister, author, teacher and lecturer. She specializes in past life regression and dermatoglyphic research. She is a conscious channel, and "enjoys helping others awaken to their spirit guides". She has also written two instructional booklets for palmistry students.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year, and as an Infant Massage Instructor. The focus of her work is in the special needs of women during pregnancy, birth and postpartum.

Linda Sinkule is a Certified Structural Integrator (the Rolf Method), a Breathworker and a Massage Therapist. She also has decades of experience as a caterer. For 26 years, Linda has assisted clients with balance in their physical, emotional and spiritual lives.

Wallace Smith has been to Ireland and Scotland many times seeking out little known sacred sites.

Soundings: A Center for Women has expertise in offering support groups and workshops for women. Its facilitators have masters degrees in the areas of social work and counseling.

June Spriggs, LLPC has a strong interest in family support, parenting, and life transitions with a major emphasis on early intervention and prevention.

Starhawk is one of the foremost voices of the Earth-based religious community, *world-wide*. She is the best-selling author of *Spiral Dance*, *Dreaming the Dark*, and the *Pagan Book of Living and Dying*. Her coming to Ann Arbor is a major event for the regional pagan community.

Ema Stefanova has taught yoga and meditation in Europe and the United States since 1979, to groups and individuals of all ages. She works to "provide yoga and meditation education in its purity and wholeness following tradition".

Cheryl Stereff has been exploring transpersonal, somatic and creative expression as a teacher, and in practice for 20 years. She is internationally certified in Therapeutic Massage, Postural Integration and Process Acupressure. She currently is in the diplomate program in Process Work, and working on a Ph.D. at Pacifica Graduate Institute in Mythological Studies and Depth Psychology.

Terrence E. Steyer, MD is a Robert Wood Johnson scholar at the University of Michigan.

Margaret Szedenits is a graduate of the Ann Arbor Institute of Massage Therapy, and an instructor there. She is a Nationally Certified Massage Therapist. She is involved in Government Relations as a Second Vice President for the American Massage Therapy Association. She is also certified with the National Certification Board of Therapeutic Massage and Bodywork.

Antoinette Thoin, MA shares who she is through intuitive storytelling, individual intuitive story consultations, automatic writing and workshops. "My intuitive gifts combine skills gained through teaching/counseling youth and adults, a master's degree, spiritual practice, and love of Nature."

Tanya Thunberg, MSW is a clinician and experiential educator. She draws from 8 years of experience working with women who have gone through personal and collective challenges.

Mary Tillinghast has been manager of Castle Remedies for 15 years. Castle Remedies, located at the Parkway Center, is an important, local source for homeopathic medicines. She has worked as a medical assistant with Dr. Ed Linkner, and under his guidance has had hands-on training in the use of homeopathic medications.

Sandy Toivonen has been folding, sharing and teaching origami models for over thirty years and is involved with the local Ann Arbor Origami Society as well as the national Origami USA organization.

Misti Anslin Tucker co-edits *The Seeker Journal*, an international pagan journal. She has many years of experience as a witch, healer and high priestess.

Upland Hills Ecological Awareness Center is located in Oxford, Michigan.

Visitation, located in Monroe, Michigan, offers an "environment for pondering, embracing and responding to the challenging and healing presence of God." Opportunities for individuals and groups include space for quiet, prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors and communal prayer. It offers a spacious natural setting that encompasses a barn-chapel and library, retreat house and hermitages. People of all beliefs are welcome.

Cam Vozar, MSW is a psychotherapist in private practice. He has worked with men and their families for over 20 years. He has led and participated in numerous Men's Groups, and is a Level II EMDR therapist.

Sara Warber, MD is Co-Director of the UM-Complementary and Alternative Medicine Research Center for Cardiovascular Diseases, and an Assistant Professor with the Department of Family Medicine. She has studied herbalism and spiritual healing with a Native American healer. As the Co-Director of the CAM Research Center, she has been awarded the administration of one of 12 national centers funded by the National Institutes of Health dedicated to research and education in the practice of integrative medicine. She has been instrumental to the current process of designing a Complementary and Alternative Medicine Clinic at the University of Michigan Health System, and to the development of a complementary and alternative medicine curriculum with the U-M Medical School. Her research interests are the use of herbs, energy healing and the therapeutic relationship. She is a member of the American Holistic Medical Association and the American Academy of Family Physicians.

Wendy Warrick is a certified Feng Shui Practitioner. Her interpretation of Feng Shui has evolved out of 15 years of experience working with homes, her Interior Design background, and intuitive abilities developed through spiritual practice. She has consulted on homes, offices, and places of spiritual practice.

Jeanie Wayker has been involved with the Gurdjieff-Ouspensky Fourth Way School for 25 years.

Weber Center is a retreat and conference center on the Dominican campus in Adrian, Michigan.

Lou Weir has been a part of the Diamond Heart School for 2 years.

Susan Weiss is an author with over 20 years teaching experience. She was the winner of a 1996 Essay Award from *Writer's Digest*, and this year she received the 1999 Wind Award for Short Fiction.

What's Inside is an Ann Arbor-based band consisting of vocalist Kathleen Moore, singer/guitarist Jeanne Mackey, and brother musicians Don and Matthew Allen.

Mike Whitty is a professor at the College of Business at the University of Detroit. He has explored business and career life choices for over 30 years. He seeks to "awaken joy, meaning and commitment in the workplace".

Suzu Wienckowski is a Reiki Master and Registered Massage Therapist. She has 19 years of experience in the healing arts including 12 years of teaching at massage schools in Washington, D.C. and Ann Arbor. Reiki has been the focus of her work for the past six years. Her training includes study with two Masters initiated by Hawayo Takata. She teaches traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Beth Wiggert is a 1987 graduate of the Medical College of Virginia and a licensed physical therapist. She is an orthopedic clinical specialist, treating primarily spinal pain and dysfunction. She also teaches classes for physical therapists, physicians and dentists. She has been a student of Tai Chi since 1988, and was certified as an instructor by The Peaceful Dragon School in 1999.

Lisa Wolf, MA, LLP is a clinical psychologist in private practice in Ann Arbor. Her approach to working with clients combines traditional therapeutic paradigms, creative intervention strategies, and spiritual dimensions of healing. In addition to her work as a therapist, Lisa is involved with the Pathwork, a contemporary spiritual discipline. She is a Pathwork lecture study teacher, Helpership training student, and leader in the Great Lakes Pathwork community. She is also a musician and a mother.

Sandra Xenakis has been designing gemstone beaded jewelry since 1986. Her work is carried by stories and galleries throughout Michigan, including Crazy Wisdom Bookstore and Tea Room. Combining her design and psychic talents, she now offers custom channeled jewelry to her clients.

Wasantha Young is a Master and scholar in the art of Tai Chi Chuan and Chi Kung, and received formal instruction in Taoist and Buddhist meditation. She has 30 years of experience in her field, and she has lectured widely on the benefits of Tai Chi, Chi Kung and meditation as they relate to emotional, spiritual and physical well-being. She is also a board member of the Association of Women Martial Arts Instructors, and is a mentor for other instructors in her field. She is also a certified Acupressure Technician.

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by **Reverend Sukha Murray**, Resident Priest, who has been teaching yoga for 20 years and meditation for 10 years, and **Geri Larkin** and **Nathaniel Needle**, ordained Dharma teachers.

Gloria Zimet received her reflexology certification in Israel nine years ago. Her subsequent Reiki II certification and practice has enhanced her reflexology technique as well as her understanding of the healing process. She recently began teaching reflexology workshops at her office in the Natural Healing Center in Ann Arbor.

Pamela Zuch is a healer and reader, with 14 years background in Iridology, herbs, tarot, stones and Reiki.

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